

Wrangler's Chicken Wings

Tara Giles - Giles Ranching, High River, Alberta

Tara serves these wings often for ranch get-togethers or picnics. They work well as an appetizer or as a main meal with rice and a fresh garden salad.

SERVES 4

3 lbs chicken wings

1 cup egg, beaten

1 cup flour

1 cup oil

3 tbsp soy sauce

3 tbsp water

1 cup brown sugar

½ cup vinegar

½ tsp salt

- Cut wings in half. Dip in beaten egg and then in flour. Fry in oil until golden brown. Remove to a shallow casserole dish.
- Mix soy sauce, water, sugar, vinegar and salt and pour over wings. Bake at 350° F for 30 minutes, spooning sauce over wings several times until they are thoroughly glazed. Serve hot or cold.

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