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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Wing Sauces - Great For All Occasions

By Chris McCarthy

It's hard to tell which wing sauces are better because we all have different tastes. Buffalo wing

sauses are not hard to make at all. The original Anchor Bar Buffalo, NY wing sauce is said to only have five main ingredients. But with so many varieties already available and with such inexpensive price tags, there's no reason to make them on your own. Buy a variety of wing sauces and try them all out I say!

More Info on Wing Sauces

If you want to have the widest selection of wing sauces, then you should go to InsaneChicken. They carry a VERY large catalogue of wing sauces, condiments, marinades, and barbecue ingredients that are hard to find in some retail outlets. The most popular brands include those coming from restaurants like Anchor Bar, home of the original Buffalo wings, and Hooters. They also carry brands that are extra hot or quite hard to find. Ordering is secure and convenient. Because most wing sauce products are inexpensive, you should try ordering a lot and stock up on this essential ingredient.

Wing sauces aren't just useful for chicken wings you know. You can use them on any chicken part. You can even use them on ribs, pork chops and steaks. While wing sauces are typically mixed with the wings after frying, you can use wing sauces to marinate meats as well. They also make great seasonings to such viands like steak, meatloaf and various fried foods.

For the best culinary experience, consider serving your chicken wings with your choice of dip. The type of dip you should serve depends on the wing sauces used. For instance, hot wing sauce calls for blue cheese, ranch and mayo dips, while sweet wing sauces go well with sour cream and onion or cheddar dips. Also, remember that fresh salsa, pickle relish or minced tomatoes go well with ANY dish.

Buffalo Wings - Fun Recipe Ideas

Buffalo wings are fun to eat. Adults and children simple never tire of them! They are also very easy to make. You can fry them, bake them or grill them. You can make your own barbecue sauce or buy prepared sauces available in grocery stores. However, if you plan on making a lot of wings and feeding

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a lot of people, consider buying a variety of sauces at InsaneChicken.com, an online specialty sauce and condiment retailer. Below are some fun ways you can prepare wings quickly.

Wings – Coat Me Silly Ideas

Easy Wings. This dish is just perfect for those who don't have the time to make elaborate dish preparations. Simply get your frozen wings out of the freezer and defrost them in the microwave. Afterwards, you can mix some water and the wing sauce of your choice with the wings, and boil them on the stove. After the chicken and the sauce are thoroughly cooked, simply place the wing in barbecue sticks and sear them with the flames of your gas stove. This recipe is easy and delicious.

Tender Wings - Sweet chicken barbecue that falls off the bone is simply irresistible. It's relatively simple to make too. Just mix your favorite barbecue sauce into the chicken wings, along with paprika, brown sugar or pancake syrup. Place this in greased aluminum foil and wrap tight. Bake slowly for 3–4

hours and you'll have mouth–watering barbecue the entire family will enjoy. Enjoy these with baked potatoes and sour cream for a delicious dinner.

Fried Wings - This is a quick barbecue recipe that tastes just as good as the grilled counter part. Coat your chicken liberally with bottled wing sauce like Wing Time Mild Wing Sauce (for a slightly hot taste), or Jim Beam Wing Sauce (for really hot), or Spontaneous Combustion Chicken Wing Sauce (for ARE YOU CRAZY hotness). Then in a non–stick pan, melt two sticks of butter and add half a cup of olive oil. Fry your wings until brown. This goes well with cucumber salad or some great tasting salsa!

Chris McCarthy is the owner of InsaneChicken's Hot Sauce Catalog InsaneChicken also sells Gourmet Wing Sauce. Visit them at

<http://www.InsaneChicken.com>

Searching For A Wing Sauce Winner

By Chris McCarthy

Buffalo wings were born in 1964 when Anchor Bar (in Buffalo, New York) co–owner Teresa Belissimo decided to fry up a batch of chicken wings, mix them with a secret wing sauce and serve them to her son Dominic and his friends. The dish was an instant hit and soon formed part of the bar's regular menu. Ideally, chicken wings are crispy on the outside, moist on the inside and coated in a rich wing sauce and served with celery sticks and bleu cheese dressing.

When you want chicken that's loaded with flavor, the wing parts are your best bet. The chicken skin might not be a heart surgeon's idea of the perfect health food since it's got a lot of fat, but when it comes to great taste, you can't go wrong with chicken wings dipped in a great wing sauce. It's especially yummy when grilled to a crisp crackling bronze.

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Wing Sauce - Mild or Wild?

With the large skin surface of the chicken wing, it's able to thoroughly take on the character of any sauce or marinade used on it. Several pounds of wings can soak up a variety of flavors and aromas while grilling at the same time. This is what makes wings so highly addictive.

Wing sauces come in a wide array of flavors, ranging from the mild to the wild.

Wing Sauce - Low-Fat Secrets of the Experts

Sinful but incomparable - chicken wings is the quintessential finger food. Enjoy it grilled, baked or fried. Now the secret to tasty chicken wings is the Wing Sauce. Some chicken wing recipes do not call for a Wing Sauce, like the famous Buffalo wings. However, Buffalo wings are deep fried with the skin making them quite the health hazard. How do you enjoy great chicken wings without all the harmful calories? Below are some useful suggestions.

Wing Sauce Wonders

To make low-fat chicken wings is simple - do not fry them. Use skinless drumettes if possible. Bake them in a rack to remove most of the oil. This, however, will most certainly remove most of the flavor. Do you really have to compromise the taste for a healthier dish? Certainly not! The plain secret is the use of Wing Sauce sauces.

Wing Sauce infuses your chicken with flavor. A good way to prepare low-fat wings is to use a ready-to-consume wing sauce as a marinade, bake the wings on a grill, and then coat it again with the sauce just before serving. Lack of oils when marinating or cooking can leave meat rather dry though so for a more moist and tender meat texture, you can marinate the meat in a lemon or vinegar-based marinade. This will make the meat tenderer - however, make sure not to overdo it as you may end up with an overly mushy texture.

If you will be using actual chicken wings instead of drumettes, make sure to remove the tips because they have nothing but fat and skin. A thick sauce can prevent the fat from dripping out of the chicken, so if you are going to use ready-to-consume sauces as a Wing Sauce, you should dilute it a bit with

water. Make sure that the oven or grill is very hot to melt away most of the fat.

Chris McCarthy is the owner of

<http://www.InsaneChicken.com>

, a portal that sells a wide collection of

bbq sauce, hot sauce, condiments and of course wing sauce



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