

SUPER SUN BUTTERMILK FRIED CHICKEN WINGS RECIPE CARD

INGREDIENTS:

2.5 kg Super Sun Super Maize Meal

3 litres buttermilk

60–65 ml salt

60–65 ml paprika, total: 30 ml for marinade + 30–35 ml for coating

12-15kg whole chicken wings

1 kg self-raising flour

60–65 ml cayenne pepper, adjust down for milder heat

Canola oil for deep frying, a large fryer or multiple pots needed, plan for 10–15 litres total, depending on batch size

METHOD:

- 1. Marinate the wings:** In a very large bowl(s) or food-grade containers, mix the buttermilk, 30 ml salt, and 30 ml paprika together. Add the chicken wings and toss to coat evenly. Cover and refrigerate for at least 4 hours (ideally overnight) to tenderise and flavour the meat.
- 2. Prepare the coating:** In another very large bowl(s), mix together the 2.5 kg Super Maize Meal, 1 kg self-raising flour, 60 ml cayenne pepper, 30–35 ml salt, and 30–35 ml paprika. Stir well to combine evenly.
- 3. Preheat the oil:** Heat canola oil in a deep fryer, large heavy pot, or multiple pots to 170°C (use a thermometer for safety and consistency). You may need to fry in several batches or use multiple fryers.
- 4. Coat the wings:** Remove the wings from the buttermilk marinade in batches. Wipe off excess liquid (let drip or pat lightly), then drop them into the maize meal mixture. Toss and press to coat evenly on all sides. Shake off any loose coating.
- 5. Fry in batches:** Fry the coated wings in hot oil (do not overcrowd) for 8–12 minutes per batch, turning occasionally, until golden brown, crispy, and cooked through (internal temperature 75°C). Drain on paper towels or a wire rack.
- 6. Serve hot:** Keep warm in a low oven if needed. Serve plain, with dipping sauces.