

CopyCat Buffalo Wild Wings Honey BBQ Boneless Wings

Ingredients

1 lb Boneless Skinless Chicken Breasts
1 cup Flour
1.5 teaspoon Salt
3/4 teaspoon Ground Black Pepper
1/2 teaspoon Paprika
1/2 teaspoon Cayenne Pepper
1/4 teaspoon Garlic Powder
1 cup milk
1 egg
Vegetable Oil (enough to fill a pot just deep enough to put wings in)

Honey BBQ Sauce:

1 cup ketchup
1/3 cup White Vinegar
1/4 cup Molasses
1/4 cup Honey
1 teaspoon Liquid Smoke
1/2 teaspoon salt
1/2 teaspoon ground black pepper
1/4 teaspoon paprika, chili powder, onion powder, garlic powder, and cayenne pepper.

Directions

Boneless wings:

Cut chicken breasts into small chunks. Try your best to get them about the same size.

Whisk together 1 cup milk and 1 egg in a bowl.

Pour at least 1 cup of flour in a medium bowl. Spice with

salt, pepper, cayenne pepper, and paprika. Stir together.

Dip the chicken chunks into the milk/egg and then toss into the flour bowl. Repeat this again so the wings get double covered. Put the wings on a baking sheet covered with wax paper.

Refrigerate for about 30 minutes. In the last 5 minutes, heat the vegetable oil in a pot. You want the oil to reach 375 degrees. I usually heat it on medium until I see ripples and then I know it's hot. I then turn the heat down a little. Be careful! You do not want the oil to crackle and pop because then it shoots all over the place when you put the chicken in! (Learned the hard way the first time)

Put the chicken in the oil. These will not take long to cook, about 5 minutes in small batches, so stay close. Once the wings are floating the chicken should be cooked through. I keep them in the oil until the breading is a nice golden brown.

Set boneless wings on paper towels to cool. I toss them in a bowl and pour the sauce in and shake them around.

Sauce:

Combine ketchup, vinegar, molasses, and honey in saucepan. Set stove on medium heat while combining ingredients.

Season with liquid smoke, salt, pepper, paprika, chili powder, onion powder, garlic powder, and cayenne pepper. Don't worry if you don't have all of the seasonings. You should at least have the salt and pepper though!

Stir well and reduce the heat to low. Leave uncovered to simmer for about 20 minutes.