

# LET'S WING IT

Chicken wings, covered in a spicy sauce, have become a hit all across the country. And the surprise is that this tasty snack started out quite by accident. To find out the story behind the original Buffalo Wings and how to fix them for your family—read on.

BY PATRICIA BROOKS



Late one night in 1964 at the Anchor Bar in Buffalo, New York, Dominick Bellissimo asked his mom, Teresa—cook and co-owner of this Italian-style restaurant-bar—to make him and his buddies a midnight snack.

All she had on hand was a stack of uncooked chicken wings put aside for soup stock, but Teresa, always inventive, decided to experiment. She cooked the wings in some corn oil, brushed them with a tangy barbecue sauce and served them up with a blue cheese dressing. That was the beginning.

The popularity of Teresa's creation soon soared. To satisfy demand, she came up with mild, medium, hot and "suicidal" variations of the original sauce. Since his parents passed away, Dominick—or "Rooster," as his friends call him—runs the restaurant and turns out those famous wings just the way Mom did. He's there every day supervising the staff (see photos above). Just for FC readers, Dominick shares a special version of Teresa's Buffalo Wings. For recipes, see page 63.

Photo by Bill McGinn; inset by Ronald G. Harris

## LET'S WING IT (From page 61)

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### THE ORIGINAL BUFFALO CHICKEN WINGS

Makes 4 servings (16 wings) at 71¢ each.

Nutrient Value Per Serving: 569 calories, 32 g protein, 48 g fat, 0 g carbohydrate, 803 mg sodium, 130 mg cholesterol.

#### **Teresa's Blue Cheese Dip (recipe follows)**

- 1 cup vegetable oil (corn or soybean)**
- 16 medium-size chicken wings (about 2¾ pounds)**

**¼ cup (½ stick) butter, melted**

- 2 to 10 tablespoons Durkee's Frank's Red Hot sauce**
- Celery sticks (optional)**

- 1.** Prepare dip and refrigerate.
- 2.** Heat oil in large skillet over medium high heat. When oil is sizzling hot, add wings, a few at a time. Fry, turning, until golden brown, 8 to 10 minutes. Remove to paper toweling to drain.
- 3.** Place wings in large stainless steel bowl. Swirl melted butter over wings, covering each well using pastry brush.
- 4.** Add hot sauce, spreading it with pastry brush to cover wings. (Amount of sauce used determines spiciness: for mild, use 2 tablespoons; for medium, 4 tablespoons; for incendiary spiciness, 10 tablespoons.)
- 5.** Serve wings hot, along with dip and, if you wish, celery sticks.

### TERESSA'S BLUE CHEESE DIP

This recipe makes more than double the amount needed for 16 wings, but Dominick recommends making this quantity at a time. The extra will keep refrigerated for several days. For a thicker dip, use more cheese and less mayonnaise.

Makes 6¼ cups at \$1.64 per cup.

Nutrient Value Per Tablespoon: 80 calories, 1 g protein, 8 g fat, 0 g carbohydrate, 103 mg sodium, 9 mg cholesterol.

- ½ pound blue cheese**
- ½ pound Gorgonzola cheese**
- ½ pound cream cheese**
- ¼ teaspoon Accent (optional)**
- ¼ teaspoon pepper**
- ¼ teaspoon celery salt**
- ¼ teaspoon garlic powder**
- ½ teaspoon salt**
- 2 tablespoons Chablis wine**
- 2 tablespoons white Rhine wine**
- 2 tablespoons dry sherry OR: Sauternes**
- ¼ teaspoon Worcestershire sauce, or to taste**
- 4 cups mayonnaise**

- 1.** Cream together blue cheese, Gorgonzola and cream cheese in large bowl. Add Accent, if using, and pepper, celery salt, garlic powder and salt; mix.
- 2.** Stir in wines and Worcestershire sauce. Add mayonnaise and mix thoroughly. Refrigerate, covered. ■