

Mangia Bene E Vivi Bene!

By FRANK ZEOLI

BREADED CHICKEN WINGS

When I was a teenager in the late 1980's, I would go out to eat with my friends. One night, my friends suggested that we go out for some chicken wings. All excited, I said, "Sure, I love chicken wings." Well, when the wings came out, I said, "What are these?" My friend said, "Chicken wings." I said, "Why aren't they breaded?" Up until that point, I had never had buffalo style chicken wings. I only had baked breaded wings. The breaded chicken wings my grandmother would make were my favorite. They were breaded, baked and full of flavor. After that, I fell in love with buffalo wings but would always enjoy my grandmother's wings which married the garlic and rosemary flavors together. They are still one of my favorites till this day.



Prep Time: 20 minutes

Cook Time: 1 hour

Ingredients

- 2 ½ -3 lbs. of chicken wings and legs (completely thawed)
- 1 cup all-purpose flour
- 2 cups of Italian style breadcrumbs
- 5 eggs
- 1/3 cup of parmesan cheese (grated)
- 4 oz of olive oil
- 10-15 cloves of garlic (peeled)
- 1 teaspoon of granulated garlic
- ½ teaspoon of dried rosemary
- Salt & pepper (to taste)

Instructions

1. Clean the chicken by running it under cold water and set aside.
2. In 3 separate mixing bowls, add the flour in one, breadcrumbs in another and the eggs in the third. In the bowl with the eggs, beat the eggs and add the salt, pepper and granulated garlic. In the bowl with the breadcrumbs, add ¾ of the grated cheese.
3. Dredge the chicken in the flour. Shake and add it to the egg mixture. Coat thoroughly and then cover it with breadcrumbs. Repeat with the rest of the chicken.
4. In a large baking pan, add 2 oz of olive oil, coating the entire bottom of the pan. Note: depending on the size of the pan you may need more oil. Place the chicken in the pan in rows. Add the uncut garlic cloves to the bottom of the pan in between the chicken. Drizzle the remaining oil on the chicken. Sprinkle the rosemary and the remainder of the parmesan cheese loosely over the entire dish.
5. Bake in the oven at 375 for about an hour. After 30 minutes, turn the chicken to ensure that the chicken is brown on both sides. Once done, let it cool for 10 minutes before serving.

