

½ cup red hot sauce, preferably Texas Pete or Frank's RedHot

¼ cup chicken broth

4 tablespoons (½ stick) butter, cut into three or four pieces

2 tablespoons dried Cajun seasoning blend (a gluten-free version, if that's a concern)

3 pounds not-breaded frozen chicken wings, preferably individually frozen wings (sometimes called "ice glazed")

½ cup regular or low-fat mayonnaise

½ cup regular or low-fat sour cream

2 ounces (½ cup) crumbled blue cheese

½ teaspoon onion powder

½ teaspoon ground black pepper

Buffalo Chicken Wings

4–6 servings

Frozen wings are so easy in the cooker! And so delicious. The wings thaw quickly and cook in no time. Although we assume you'll use both the wingette and the drumette portion of the wing, you can use just one or the other at your preference.

At the supermarket, look for individually frozen chicken wings. If you buy fresh wings on sale and want to freeze them, take the wings out of their packaging and freeze them in a fairly condensed hunk in a plastic bag for up to 3 months. In that case, you'll need to set the hunk on the cooker's rack, slanting up to the pot's insert, and cook on MAX for 18 minutes or on HIGH for 22 minutes, followed by a **quick release**. You'll also need to break the wings apart when you open the pot. If they're still not cooked through (because of the density of the mass), cook them for another 3 minutes on either MAX or HIGH followed by a **quick release**.

1. Stir the hot sauce, broth, butter, and seasoning blend in a **6-quart Instant Pot**. Set the wings in the sauce and toss well. Lock the lid onto the pot.

2.

Set the machine for	Set the level for	The valve must be	And set the time for	If necessary, press
PRESSURE COOK	MAX	—	12 minutes with the KEEP WARM setting off	START
POULTRY, PRESSURE COOK, or MANUAL	HIGH	Closed	15 minutes with the KEEP WARM setting off	START

3. Use the **quick-release method** to bring the pot's pressure back to normal. Unlatch the lid and open the cooker. Use tongs to transfer the wings to a large serving platter.

4. Whisk the mayonnaise, sour cream, blue cheese, onion powder, and pepper in a small bowl until creamy. Serve alongside the hot wings as a dip (perhaps with some of the boiled-down liquid from the machine for a second dip).



Using a **-20°F CHEST FREEZER?** There is no difference in cooking times.

Beyond

- For an **8-quart Instant Pot**, you must increase all the ingredients by 50 percent.
- To make these wings crisp (and thus take them over the top): In step 3, use tongs to transfer them from the cooker to a large, lipped baking sheet. Position the oven rack about 4 inches from the broiler and heat the broiler. Broil the wings until crunchy, basting several times with the pot's juices and turning once, 2–3 minutes.
- Buffalo wings need celery and carrot sticks!
- Although this blue cheese dip is traditional, we'll confess we've come to like the wings with ranch dressing that's been mixed with minced pickled jalapeño rings and minced chives.