



Eco-Cuisine, Inc.
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CHICKEN BUFFALO WINGS **Recipe and Production Method**

Yield: 8 wings weighing 33 grams each (or 26 thirteen gram / 1 tbsp. mini wings/
Scaled @ 27 grams each and picked up 5 gram)

Mixing Protein

8 ounces	Reduced Sodium "Chicken Style" Quick Mix
1 ounce	Unbleached White Flour
1 tsp.	Reduced Sodium "Chicken Style" broth optional
18 Tablespoons	Water
4 tablespoons	Canola Oil (3-4 tbsps. for stronger lubricity & enriched flavor)

1. Mix protein and flour, and broth powder if using, until evenly dispersed.
2. Add water and oil. Mix for 2-3 minutes on low speed with a paddle.
3. Immediately after mixing using a #40 scoop, scoop eight balls . Flour bench and place balls on flour. Using hand at a 45 degree angle roll each ball to a rounded point.
4. Steam for 15 minutes or until protein is cooked. Refrigerate until ready to use.
5. When ready to use can straight away fry
6. FLOUR COATING – Optional to roll in flour or cornstarch, shake off excess, and deep fry until brown (about 1-2- minutes). If drenching with flour and buffalo wings are dry, dunk in water, let drain for few minutes, and then toss in flour. Cornstarch will give a crispier texture than flour. I would test without and then with the flour and/or cornstarch.

Optional to add chicken broth powder for more intense chicken flavor. I would start with 1 teaspoon in this recipe.. FYI – you will notice that the flakes do not fracture out of Chicken with use of flour.



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Brief Sample of Existing “Chicken Style” Recipe Applications

- Chicken Pot Roast/Steam Method
- Arroz Con Pollo
- BBQ Chicken with Caramelized Onions
- BBQ Chicken with Beans and Caramelized Onions
- Chicken Tikka Masala
- South Western Black Bean Chicken Loaf with Sundried Tomatoes
- South Western Three Bean Loaf
- Chicken Le Coq Au Vin
- Chicken Avocado Wrap
- Asian BBQ Chicken with Caramelized Onions on A Bun
- Thanksgiving Day Roast
- K-12 vegan South Western Bean Loaf
- Quinoa Chicken Cutlet with Sundried Tomatoes
- Lentil Cutlets
- Chicken Buffalo Wings