

Oven-Fried Wings with Smoky Pineapple Buffalo Sauce

Prep Time: 10 minutes

Cook Time: 15–20 minutes

Serves: 2–4 (or just you—we won't judge)

Ingredients

For the Wings:

- 1 lb chicken wings (wingettes and drumettes), fresh or thawed
- Salt & pepper to taste
- Optional: pinch of garlic powder or paprika for dry seasoning

For the Sauce:

- 1 cup Chipotle Tabasco (or chipotle hot sauce of choice)
- 2 tbsp butter
- 2 tbsp brown sugar
- 8 oz can crushed pineapple
- 8 oz pineapple juice
- Honey to taste (for extra sweetness)

To Serve:

- Crumbly cheese (Blue cheese, Cotija, or Feta)
 - Ranch or blue cheese dressing
 - 2 carrots, julienned
 - 2 celery sticks, cut into sticks
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Instructions

1. Prep the Wings

- Pat wings dry with paper towels. The drier, the crispier.

- Season with salt, pepper, and optional spices.
- Arrange in a single layer on a metal tray—don't overcrowd. Place in fridge while you make the sauce.

2. Make the Sauce

- In a saucepan, combine crushed pineapple and juice. Simmer until reduced and thickened.
- Stir in chipotle hot sauce and brown sugar. Let simmer for 5 minutes.
- Add honey for a touch more sweetness, then finish with butter to thicken and smooth.
- Simmer and stir until it coats the back of a spoon—sticky, sweet, and smoky.

3. Cook the Wings – Advantium Style

Set the **Monogram Advantium ZSB9122VSS** to the following **Speed Cook settings**:

- **U-7 (Upper heat)**
- **L-6 (Lower heat)**
- **C-10 (Convection level)**
- **M-5 (Microwave level)**

Bake the wings for 15–20 minutes, flipping halfway through. You'll get that crisp exterior and juicy center in a fraction of the time.

Pro tip: Want extra char? Finish with a quick broil—Advantium has you covered.

4. Toss & Serve

- Toss hot wings in a stainless steel bowl with your pineapple-chipotle sauce until fully coated.
- Plate with carrot and celery sticks, drizzle with ranch or blue cheese, and top with your favorite crumbly cheese.