

Metal Mama's Garlic Parmesan Chicken Wings!



Ingredients:

Whole Chicken Wings
Garlic
Butter
Parmesan Cheese

Method:

I like my wings crispy and fall off the bone tender so here's what I do. I always cook my wings fresh or defrosted. I put them on a cookie sheet lined with Parchment Paper (non-stick foil works too - just make sure you line it, lest you want to spend all night cleaning your pan). I also don't bother cutting my wings anymore - I eat them several times a week so keeping them whole saves me loads of time.

Bake at 400 until cooked through then I finish them one of two ways:

#1 (crispier and less greasy): Melt 1/2 stick of butter, mix with garlic and brush on wings when cooked. Sprinkle lightly with Parmesan cheese. Broil the wings for just a minute or so until they reach desired crispness. The crispy skin is amazing IMO!

#2 (oozing greasy buttery goodness method): Melt 1/2-1 stick of butter, add to a large bowl along with garlic and Parmesan cheese - stir into paste like consistency. When wings are a nice golden color remove from oven and toss into paste mixture. My wings usually start falling off the bone while I'm tossing them and I'm left with a buttery pile of deliciousness!!