

SWEET AND SPICY WINGS

FROM THE KITCHEN OF CHEF CATHY JENKINS, CATHY'S KITCHEN

Ingredients:

12 whole chicken wings

6 cups flour

2 cups corn starch

1/4 cup seasoning salt

1/4 cup Cajun seasoning

1/4 cup garlic powder

1 can of Bud Lite

(or light beer of your choice)

6 cups of vegetables oil or

canola oil

1 bottle of Cathy's Kitchen

Sweet & Spicy Hot Sauce

(available at Schnucks

or online at

cjenkinscompany.com)

Directions:

1. Pour oil in heavy stock pot, pot must be filled half way. Heat oil to 350 degrees.

2. Rinse wings and set aside.

3. Place dry ingredients in a large bowl and mix well until color is even and well blended.

(continued)

*Cooking, Carols
& Cocktails*



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4. Place 1 cup of dry seasoning into separate bowl, add 1/2 can of beer and mix well.
5. Place wings in wet mixture and mix well.
6. Place 6 wings into dry mixture and toss well. When oil has reached temperature shake each wing to remove excess dry seasoning and place wings in oil. Be sure not to over crowd the pot. (Quick tip: oil temp can be tested by placing a wooden spoon in oil, and if it bubbles around the spoon the oil is ready.)
7. Fry wings for 10 minutes. If wings are not completely covered in oil, flip wings half way through. Remove from pot, place on plate with paper towel to soak up excess oil. Continue until all wings are fried.
8. Place 6 cooked wings in a bowl and pour Cathy's Kitchen Sweet & Spicy Hot Sauce over wings & toss!
9. Serve on a plate; garnish with parsley flakes.

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& Cocktails*



JAMBALAYA

FROM THE KITCHEN OF CHEF CATHY JENKINS, CATHY'S KITCHEN

Ingredients:

1 cup (71/90) size raw shrimp
peeled & deveined

1/2 cup sliced andouille
sausage

1/4 cup cooked diced chicken

1/4 cup diced onions

1/4 cup diced bell peppers

1/4 cup diced celery
minced garlic

1/2 cup can diced tomatoes

1/2 cup diced green onions
(for garnish)

half of 1/3 cup Thyme

1/3 cup basil

1/3 cup paprika

1/3 cup gumbo file

2 tablespoons parsley flakes
sprinkle of crushed

red pepper

1 tablespoon chicken flavored
base

2 cups of cooked cool
white rice

3 tablespoons canola oil

1/2 cup water

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& Cocktails*



JAMBALAYA

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Directions:

1. Pour all dry ingredients in to bowl and mix well.
2. Heat medium size nonstick skillet on medium heat for 2 minutes.
3. Add oil, heat 1 minute. Add all veggies, sauté until they are soft and onions are translucent.
4. Add meat, dry seasoning; sauté for 2 minutes and add water.
5. Cook until shrimp are just turning white, add rice and mix well. Reduce heat to a simmer.
6. Cook until shrimp are white and rice is hot (approximately 5 minutes), stir intermittently, add more water if needed in small amounts.
7. Once mixture is hot serve in a dish and top with green onions

*Cooking, Carols
& Cocktails*

