



# THE ingles TABLE

## CHEF DEREK ST. ROMAIN

Head Chef, Duke Diet and Fitness Center  
Regional Coordinator, Backyard Bow Pro

### Naked Chicken Wings



#### SHOPPING LIST

- 2 local beers
- 2 tbs. Of Zatarain's Crab Boil
- 2 lbs. Of chicken drummettes
- 2 - 3 tbs. Of Zatarain's creole seasoning
- 3/4 cup of Frank's Original Hot Sauce

#### INSTRUCTIONS

- Preheat oven to 375°F.
- Pour 2 local beers into a bowl.
- Add 2 tbs. Of Zatarain's Crab Boil.
- Add 2 lbs. Of chicken drummettes.
- Add 2 - 3 tbs. Of Zatarain's Creole seasoning on the chicken.
- Place the pan of chicken in the oven and cook for 25 minutes at 375 degrees F.
- After 25 minutes take the chicken out of the oven and place back into the bowl.
- Add 3/4 cup of Frank's Original Hot Sauce into the bowl of chicken.