



# WHITE STAR

## SOUTHERN FRIED MAIZE MEAL CHICKEN WINGS CRISPY CHILLI MAIZE MEAL CAKES

**Serves:** 4

**Preparation time:** 30 minutes + chilling time

**Cooking time:** 20 minutes

**CATEGORY:** Mains



### Ingredients

#### Chicken Wings:

- 500ml buttermilk
- 10ml salt
- 10ml paprika
- 24 chicken wings
- 400g White Star Quick Maize Meal
- 160g self-raising flour
- 10ml cayenne pepper
- Canola oil for frying

#### Chilli Maize Meal Cakes:

- 500ml water
- 5ml salt
- 250ml White Star Super Maize Meal
- 15ml canola oil
- ½ red onion, finely chopped
- 2 spring onion, sliced
- 15ml chilli flakes
- 5ml paprika
- Pepper

### Method

#### Chicken Wings:

1. Mix the buttermilk, 5ml salt and 5ml paprika together in a bowl. Add the chicken wings and toss them evenly. Leave the wings in the buttermilk mix in the fridge for minimum 4 hours.
2. Mix the White Star Quick Maize Meal, flour, cayenne pepper 5ml salt and 5ml paprika together.
3. Preheat the fryer or a pot of oil to 170C.
4. Take the chicken wings out of the buttermilk mixture wiping off the excess liquid. Drop them into the maize meal mix and toss them to coat evenly.

5. Fry the wings in batches until golden and cooked through.

**Chilli Maize Meal Cakes:**

1. Bring the water and salt to a boil. Add the White Star Super Maize Meal in a steady stream, whisking continuously until combined. Turn down the heat and allow to simmer with the lid on for 30 minutes, stirring occasionally.
2. In a separate pan, heat the oil over a medium heat. Add the red onion and spring onion. Cook until softened. Add the chilli flakes and paprika and cook for a further two minutes, then remove from the heat.
3. Mix the cooked maize meal and chilli onion mix together. Season to taste with salt & pepper.
4. Shape the mix into small flattened rounds and leave them to set in the fridge for 20 minutes.
5. Heat a griddle pan over a high heat. Brush each cake with a little bit of oil and grill until charred on both sides.

**To serve:**

1. Serve the chicken wings and maize meal cakes together with a spicy mayonnaise dipping sauce.