Tyson® Wings College & University e-Cookbook

15 recipes to satisfy wing lovers everywhere

Tyson Red Label® NAE FC Oven Roasted, Starch Coated Bone-In Wings, Unbreaded, Jumbo

Tossed in BBQ sauce with ranch dipping sauce on the side.
Discover all the things you can do with wings.

Welcome to the wonderful world of wings! Whether you’re saucing, tossing, baking or frying, the possibilities are endless and the demand is high. Take a look and get inspired by these unique ideas created by College & University operators like you.

All recipes were collected as part of the Tyson Foods College & University Wings Contest. Out of the many great entries received, these are the top 15 recipes chosen by our panel of judges. Let these ideas show you how easy it is to add flavorful, on-trend wings to your menu.
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Boneless Wings & Waffles with Hot Honey

Servings: 4

Ingredients
24 pieces, Tyson Red Label® NAE FC Starch Coated Boneless Wings (#10383880928)
4, Large Belgian Waffles (pre-made or homemade)
1 C., Honey
⅛ tsp., Cayenne Pepper
4 oz., Butter
4 C., Green Onions

Directions
1. In a small saucepan, heat honey and cayenne on medium to low heat for 5 minutes.
2. Remove from heat and swirl in butter until fully incorporated. Set aside.
3. Warm waffles in the oven while the wings are cooking.
4. Fry Tyson Red Label® NAE FC Starch Coated Boneless Wings in a 350°F fryer for 5-6 minutes, or until an internal temperature of 165°F is reached for 15 seconds.
5. Place 1 Belgian Waffle on each plate. Top each waffle with a pile of 6 chicken wings.
6. Drizzle hot honey over top of chicken and waffles.
7. Sprinkle with chopped green onions and enjoy!
Caribbean Jerk Chicken Wings

Ingredients
12 pieces, *Tyson Red Label*® NAE FC Applewood Smoked Bone-In Wings (#10383170928)
1 lb., Green Onion, Sliced
¼ lb., Light Brown Sugar
2¼ oz., Habanero Pepper
2½ oz., Fresh Peeled Garlic
¼ oz., Ginger Puree
1 Tbls., Ground Cinnamon
¼ tsp., Dried Thyme Leaves
1½ tsp., Ground Allspice
¼ tsp., Ground Nutmeg
2 Tbls., Apple Cider Vinegar
1 C., Soy Sauce
½ C., Unsweetened Pineapple Juice

Directions
1. Place all ingredients except for the wings in a food processor, blender, or container to use in an immersion blender.
2. Blend or process until smooth.
3. Fry *Tyson Red Label*® NAE FC Applewood Smoked Bone-In Wings for 6-8 minutes at 350°F.
4. Toss wings with marinade and hold overnight.
5. Remove from marinade and cook the wings on a chargrill until an internal temperature of 165°F is reached.
6. Maintain internal temperature of 140°F or higher for holding and service.
Garlic Butter Dill Wings with Parmesan

Ingredients
12 pieces, *Tyson Red Label*® NAE FC Applewood Smoked Bone-In Wings (#10383170928)
1 Tbls., Cornstarch
1 Tbls., Melted Butter
1 tsp., Garlic Powder
1 tsp., Onion Powder
2 tsp., Dried Dill
1 tsp., Grated Parmesan Cheese

Directions
1. Toss the *Tyson Red Label*® NAE FC Applewood Smoked Bone-In Wings in the cornstarch until well combined.
2. Deep fry the wings for 6-8 minutes at 350°F.
3. Mix the garlic powder, onion powder, and dried dill together to make the seasoning mixture.
4. Toss the wings in 1 Tbls. of melted butter, add the seasoning mixture, toss again and place wings neatly onto a plate.
5. Garnish the wings with grated Parmesan cheese.
Honey Butter Curry Masala Wings

Ingredients
1 lb., Tyson Red Label® NAE FC Applewood Smoked Bone-In Wings (#10383170928)

Seasoning Mix
- ½ C., Kosher Salt
- ½ C., Coarse Black Pepper
- ½ C., Red Pepper Flakes
- ½ C., Granulated Garlic
- ½ C., Onion Powder
- ½ C., Paprika
- ½ C., Cayenne
- ½ C., Curry Powder

Honey Butter
- 2 Tbls., Mixture of 3-1 ratio of butter to honey
- 1 Tbls., Kosher Salt

Chutney
- 1 bunch, Carrot Top Greens
- 1 handful, Mint Leaves
- 1 handful, Cilantro
- ½, Onion
- 1 whole, Jalapeño Pepper
- 1, Lemon

Directions
1. For seasoning mix: Combine the seasoning mix ingredients together in a bowl.
2. For honey butter: Whip 3 parts butter to 1 part honey and 1 tablespoon kosher salt gradually to high speed until creamy and aerated. Set aside.
3. For chutney: Rough chop one bunch of carrot top greens, a handful of mint leaves, a handful of cilantro, half an onion, one jalapeño, and one lemon (rind included). In a high-speed blender, blend all ingredients together. Add salt to taste and a splash of lemon juice.
4. Deep fry Tyson Red Label® NAE FC Applewood Smoked Bone-In Wings at 350°F for 6-8 minutes or until an internal temperature of 165°F is reached.
5. Remove from the fryer and place wings in a stainless-steel bowl.
6. Add one tablespoon of seasoning mix to wings and toss.
7. Add two tablespoons honey butter and toss together.
8. Place wings back in fry basket and cook until an internal temperature of 165°F is reached.
9. Remove wings from the fryer. The wings should be a nice, dark golden color. Place the wings in a clean stainless-steel bowl.
10. Add the remaining honey butter and seasoning mix to taste while they’re still hot.
11. Toss together and enjoy these addicting Honey Butter Curry Masala Wings!
Joshua Gibbons, Appalachian State University (River Street Café)

Italian Scallion Wings

Ingredients
12 pieces, Tyson Red Label® NAE FC Starch Coated Boneless Wings (#10383880928)

Pepper Base
- 2 ½ lbs., Shishito Peppers
- 2 ½ lbs., Mini Lunchbox Peppers
- ¼ C., Canola Oil
- 15, Killian Peppers (de-stemmed, de-seeded, de-veined)
- 1 C., Lime Juice

Sauce
- 2 ½ C., Pepper Base
- 1½ C., Minced Garlic
- 1 C., Italian Seasoning
- 2 Tbls., Salt
- 2 Tlbs., Brown Sugar
- 2 Tlbs., Coarse Ground Black Pepper
- 3 Tlbs., Crushed Red Pepper
- 2 Tlbs., Cayenne
- 1 C., White Vinegar
- 2 C., Butter

Dish
- 4 oz., Spicy Italian Sauce mixed with wings
- 1 oz., Shredded Parmesan Cheese
- 2 oz., Thin Sliced Scallions

Directions
1. For pepper base: Toss the shishitos and mini lunchboxes in canola oil, spread out on sheet pan and roast at 350°F for 10 minutes. Rotate pan and roast for an additional 10 minutes or until well blistered. De-skin, de-seed, and de-vein roasted peppers and puree with killians and lime juice.
2. For sauce: Sauté minced garlic and Italian seasoning in butter until garlic is roasted and aromatic. Strain garlic and Italian seasoning, reserve butter. Place garlic, Italian seasoning, and all remaining sauce ingredients besides butter in a blender and puree until smooth. While the blender is running, pour in the reserved butter and blend for an additional 10 seconds until fully emulsified.
3. Fry the Tyson Red Label® NAE FC Starch Coated Boneless Wings for 5-6 minutes at 350°F.
4. Toss the wings in the sauce.
5. Plate the wings and garnish with Parmesan cheese and scallions.
Lemon Caper Cream Wings

Ingredients

12 pieces, *Tyson Red Label*® NAE FC Applewood Smoked Bone-In Wings (#10383170928)

8 Tbls., Unsalted Butter

6-8, Garlic Cloves

1 qt., Half and Half

1½ C., Lemon Juice

3½ fl. oz., Non-Pareil Capers (in their juice)

1½ C., Grated Parmesan Cheese

To taste, Kosher Salt

To taste, White Pepper

Directions

1. Bake *Tyson Red Label*® NAE FC Applewood Smoked Bone-In Wings for 15-17 minutes at 350°F or until an internal temperature of 165°F is reached. (You can also fry the wings for 6-8 minutes at 350°F.)

2. In a saucepan, on medium-high heat, sauté chopped garlic in unsalted butter until translucent (do not brown).

3. Remove from heat, add lemon juice and half and half.

4. Return to medium-high heat and slowly bring to a soft simmer.

5. Wisk in Parmesan cheese until all is incorporated. The sauce should have a smooth consistency and should coat the back of a spoon smoothly.

6. Add capers then season with salt & white pepper to taste. (Important to taste before adding salt. Capers will add a natural salt flavor.)

7. Toss desired serving amount of wings in lemon caper cream sauce and serve.
**Mahogany Chicken Wings**

**Ingredients**
- 12 pieces, Tyson® Red Label® NAE FC Applewood Smoked Bone-In Wings (#10383170928)
- 2 C., Rice Flour or Tapioca Flour
- 2 C., Soy Sauce or Low Sodium Soy Sauce
- 2 C., Worcestershire Sauce
- 1 C., Ketchup
- 2 Tbls., White Pepper
- 2 Tbls., Ground Ginger
- 1 tsp., Red Chili Flakes
- ¼ C., Light Brown Sugar
- ¼ C., Chopped Chives
- For Frying, Canola Oil

**Directions**
1. Preheat fryer to 350°F.
2. Preheat convection oven to 350°F.
3. In a saucepan, combine the soy sauce, Worcestershire sauce, ketchup, white pepper, ginger, red chili flakes and brown sugar. Mix thoroughly and bring to a boil.
4. Lower the heat to simmer and reduce the mixture by 1/5th volume. This is the Mahogany Glaze for the Tyson Red Label® NAE FC Applewood Smoked Bone-In Wings.
5. Dredge the wings in flour. Transfer into two fryer baskets and shake off excess flour.
6. Deep fry the wings for 2 minutes, just long enough to set the flour coating. Allow the wings to drain off any excess oil.
7. Transfer the fried wings to a full-size hotel pan and coat with the Mahogany Glaze.
8. Bake the wings in the oven at 350°F with the fan speed set on high for 15 minutes.
9. Remove, toss to coat with the glaze and pan juices and bake an additional 2 minutes.
10. Arrange the wings in a serving pan or dish and garnish with the chopped chives.
PB&J Wings

Ingredients
24 pieces, Tyson Red Label® NAE FC Applewood Smoked Bone-In Wings (#10383170928)

- ½ C., Peanut Butter
- 2 Tbls., Soy Sauce
- ½ Tbls., Minced Ginger
- 1 clove, Minced Garlic
- 2 Tbls., Rice Vinegar
- ½ tsp., Maple Syrup
- ⅓ C., Water
- 8 oz., Nam Chim Kai
- 2 tsp., Sriracha Sauce
- 1 Tbls., Cilantro, chopped

Garnish
To taste, Jelly

Directions
1. Blend the peanut butter, soy sauce, minced ginger, minced garlic, rice vinegar, maple syrup, and water together until smooth.
2. Incorporate the Nam Chim Kai and sriracha sauce.
3. Fry Tyson Red Label® NAE FC Applewood Smoked Bone-In Wings for 6-8 minutes at 350°F or until an internal temperature of 165°F is reached.
4. Toss wings in peanut sauce.
5. Garnish with a jelly of your choice (PB&J).
6. Top with chopped cilantro and serve.
Spicy Crispy Wings

Ingredients

12 pieces, *Tyson Red Label*® NAE FC Starch Coated Boneless Wings (#10383880928)
3 Tbls., Canola Oil
12 ea., Dried Chile Arbol
2 Tbls., Black Pepper, ground
2 Tbls., Crushed Red Pepper
4 C., Cashew Pieces
2 C., Garlic, minced
2 C., Ginger, minced
2 C., Scallions
½ C., Rice Wine Vinegar
½ C., Mirin
½ C., Tamari
1 C., Sugar
1 C., Cornstarch Slurry

Garnish

2 C., Green Onions
½ C., White Sesame Seeds

Directions

1. Preheat fryer to 350°F.
2. Make sauce by combining chiles, black pepper, crushed red pepper, and oil.
   Sauté until aromatic about 3-5 minutes.
3. Add cashews, garlic, and ginger. Cook until the garlic starts to get brown.
4. Add scallions, tamari, rice wine vinegar, mirin, sugar, and cornstarch slurry.
5. Bring to a boil and keep warm until ready to use.
6. Fry the *Tyson Red Label*® NAE FC Starch Coated Boneless Wings for 5-6 minutes or until an internal temperature of 165°F is reached.
7. Toss the wings in sauce.
8. Garnish with green onions and sesame seeds.
Sweet Heat Carolina Wings

Ingredients
12 pieces, Tyson Red Label® NAE FC Applewood Smoked Bone-In Wings (#10383170928)
1 C., Tangy BBQ Sauce
2 oz., Sriracha
¼ oz., Scallions
1, Garlic Clove
¼ oz., Dill
¼ C., Parsley
¼ oz., Chives
1 C., Mayonnaise
½ C., Sour Cream
½ C., Buttermilk
1 tsp., Worcestershire Sauce
1½ tsp., White Vinegar
4½ tsp., Lemon Juice
1 tsp., Salt and Pepper (to taste)
¼ tsp., Smoked Paprika
⅛ tsp., Cayenne

Directions
1. Set aside the wings, BBQ sauce, sriracha, and scallions. Blend all other ingredients together with an immersion blender until well incorporated.
2. Fry Tyson Red Label® NAE FC Applewood Smoked Bone-In Wings for 6-8 minutes at 350°F or until an internal temperature of 165°F is reached.
4. Garnish with sliced scallions and serve with house ranch and cucumber slices.
Szechuan Pepper-Salt Wings

Ingredients

12 pieces,  Tyson Red Label® NAE FC Applewood Smoked Bone-In Wings (#10383170928)

1 C.,  Cornstarch

Spice Mix

1 tsp.,  Ground White Pepper
1 tsp.,  Salt
2 tsp.,  Granulated Sugar
1 tsp.,  Chinese Five-Spice Powder
2 tsp.,  Szechuan Peppercorns (hulls only, discard black seeds if present)

Garnish

3,  Green Onions
1,  Jalapeño Pepper
4,  Garlic Cloves

Directions

1. For garnish: Slice jalapeño pepper into thin rings. Mince garlic. Slice green part of green onion into fine shreds on a long bias. Mince white part of green onions. Sauté minced garlic, the white part of green onions, and jalapeño rings in a bit of oil until peppers and onions are slightly wilted and garlic is golden brown. Remove from heat and drain on paper towels. Set aside.

2. For spice mix: In a small bowl, mix white pepper, salt, sugar, and five-spice powder. Grind Szechuan pepper hulls to a fine powder and add to the spice mix.


4. Deep fry wings for 6-8 minutes at 350°F or until internal temperature reaches 165°F for 15 seconds.

5. Drain wings and toss with spice mix until evenly coated.

6. Top with garnish and serve.
Tandoori Chicken Wings

Ingredients
6 lbs., Tyson Red Label® NAE FC Applewood Smoked Bone-In Wings (#10383170928)
3 oz., Curry Powder
2 oz., Smoked Paprika
4 oz., Canola Oil
2 oz., Lemon Juice
½ oz., Garlic Paste
½ oz., Ginger Paste
½ oz., Orange Food Coloring

Directions
1. Blend all ingredients except for the wings for marinade until emulsified and smooth.
2. Marinate the Tyson Red Label® NAE FC Applewood Smoked Bone-In Wings for 4-6 hours.
3. Bake in a convection oven at 350°F for 15-17 minutes or until an internal temperature of 165°F is reached.
Danielle Parker,  
Pennsylvania College of Technology

**Tangy Jamaican Jerk Wings with Pineapple Dipping Sauce**

**Ingredients**

- 12 pieces, Tyson Red Label® NAE FC Applewood Smoked Bone-In Wings (#10383170928)
- ¼ C., Tangy BBQ Sauce
- ¼ Tbls., Dry Jamaican Jerk Seasoning

**Pineapple Dipping Sauce**

- ½ C., Lightly Crushed Pineapple, drained
- ⅔ C., Plain Greek Yogurt
- 1 tsp., Lime Juice
- ¼ tsp., Kosher Salt
- ¼ tsp., Sugar
- ¼ tsp., Black Pepper

**Directions**

1. Deep fry Tyson Red Label® NAE FC Applewood Smoked Bone-In Wings for 6-8 minutes at 350°F or until internal temperature has reached 165°F for 15 seconds.
2. Mix Tangy BBQ sauce with the Jamaican Jerk seasoning.
3. Toss wings into the sauce.
4. **For pineapple dipping sauce:** Combine crushed pineapple, Greek yogurt, lime juice, salt, pepper, and sugar until combined. Refrigerate dipping sauce until ready to serve.
Wildcat Spiced Dry-Rub Wings

Ingredients
12 pieces, Tyson Red Label® NAE FC Applewood Smoked Bone-In Wings (#10383170928)

Dry Rub
- 0.3 oz., Spicy Dry Seasoning of your choice
- ½ tsp., Brown Sugar
- ⅛ tsp., Garlic Salt
- ⅛ tsp., Granulated Garlic
- ¼ tsp., Kosher Salt
- 1 Dash, Celery Seed
- 1 Dash, Thyme Leaves

Dipping Sauce
- 2 oz., Bleu Cheese Dressing

Directions
1. Deep fry Tyson Red Label® NAE FC Applewood Smoked Bone-In Wings for 6-8 minutes at 350°F or until internal temperature reaches 165°F for at least 15 seconds.
2. For dry rub: Mix dry rub ingredients in a bowl.
3. Add wings to dry rub and toss well.
4. Serve with your favorite chunky bleu cheese dipping sauce.
## Wings of Harvest

### Ingredients

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<th>Quantity/Type</th>
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<tr>
<td>12 pieces</td>
<td><strong>Tyson Red Label® NAE FC Applewood Smoked</strong></td>
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<tr>
<td>Bone-In Wings</td>
<td>(#10383170928)</td>
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<tr>
<td>Sauce</td>
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<tr>
<td>4 oz.,</td>
<td>Whole Butter</td>
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<tr>
<td>1 C. (or 5 oz.),</td>
<td>Diced Onion</td>
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<td>1 C.,</td>
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<td>1 Tbls.,</td>
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<td>½ C.,</td>
<td>Unsweetened Applesauce</td>
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<td>½ C.,</td>
<td>Sour Cream</td>
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<tr>
<td>1 Tbls.,</td>
<td>Dry Ranch Dressing</td>
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### Sauce Directions

1. **For Sauce:** Melt butter in 4 qt. saucepan. Add onions and sauté until transparent. Add remaining sauce ingredients and mix well with wire whip. Simmer for 10 minutes and hold for service.
2. Preheat fryer to 350°F.
3. Deep fry the **Tyson Red Label® NAE FC Applewood Smoked Bone-In Wings** for 6-8 minutes or until an internal temperature of 165°F is reached.
4. Remove from fryer basket and toss with sauce.
5. **Optional:** Serve with Apple Ranch Crema (combine three ingredients together before serving).
Ready to toss some new wing recipes on your menu?

Visit tysonredlabel.com to see all the Tyson Red Label® wing options to fit your menu. Tyson Foodservice offers several bone-in and boneless options with multiple breaded and non-breaded profiles. We have a versatile range of products to meet student needs. Plus, all Tyson Red Label® wings are made from chicken raised with No Antibiotics Ever!

MAKE 'EM HOWEVER YOU'D LIKE

Tyson Red Label® wings can be quickly and efficiently prepared using multiple cooking platforms.

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<th>FLAVOR</th>
<th>PRODUCT OLD CODE</th>
<th>PRODUCT NEW CODE</th>
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<th>IMPINGER</th>
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<td>10383160928</td>
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<td>10383170928</td>
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*Hold times are based on unsauced wings

038318-0928 / 10383180928

Tyson Red Label® NAE FC Oven Roasted, Starch Coated Bone-In Wings, Unbreaded, Jumbo

Contact your Tyson Foodservice Representative, Broker, Distributor Sales Representative or visit tysonfoodservice.com for more information.