WINGS 'N THINGS
A COLLEGE GUIDE TO EVERYTHING WINGS
in Luzerne and Lackawanna Counties

Look inside for menus, locations, and more!
Born and raised in NEPA, I grew up surrounded with a plethora of pizza and wing choices, but only a short list of places I would eat at. I was the child who couldn’t have her foods touching each other on her plate. I’ve gotten better, but old habits die hard.

With that being said –perfect combinations like pizza and wings can be a sensitive subject. I am guilty of buying pizza at one place and driving miles out of the way to get wings at another, but I’ll always make an exception for Pizza Perfect in Trucksville. When ‘Perfect’ is in an establishment’s name there’s a lot to live up to and they pass my pizza and wing test with flying colors.

This year’s winner of Best Wings in the Back Mountain (9 years and counting), Pizza Perfect totally brings it with their crispy on the outside, juicy on the inside wings. They don’t skimp on the sauce, either, it’s just the right amount of flavor.

They offer 4 different sauces in regular and boneless wings: BBQ, mild, hot and fireman’s friends (the menu says you’re on your own with these ones). I play it safe with the mild sauce and a side of bleu cheese and celery, but I’m never disappointed.

Wings come in order sizes from 6 to 100 – great for a meal for one or a game day party with friends and family (call ahead of time if you’re going to make a large order).

For my fellow picky eaters, Pizza Perfect doesn’t just serve pizza and wings. They also have BBQ, burgers, sandwiches, a great appetizer menu, and more. Check out their menu at www.pizza-perfect.com or visit them at 16 Carverton Road in Trucksville.

### Baked Buffalo Wings Recipe

**Marinade**
- 1/2 cup all-purpose flour
- 1/4 teaspoon paprika
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon salt

**Hot Sauce**
- 1/4 cup butter
- 1/4 cup hot sauce
- 1 dash ground black pepper
- 1 dash garlic powder

**Directions:** Heat the oven to 350 degrees F. Clean the chicken wings, removing the skin or keeping it on (it’s up to you). In a small bowl, combine the all-purpose flour, paprika, salt and cayenne pepper or chili powder. Place the chicken wings in a large glass bowl. Coat the wings evenly with the flour mixture. Cover the dish with plastic wrap, and keep it in the refrigerator. Marinate for an hour or 90 minutes. Spray a baking sheet with nonstick cooking spray (preferably Pam). Place the marinated chicken wings on the sheet, and lightly spray the wings with cooking spray Bake for 45 minutes at 350 degrees F, then increase the oven temperature to 375 degrees F. Take the wings out of the oven, and spray them with cooking spray. Place the wings back in the oven, and bake them for another 10 minutes.

This makes the wings crispy. Make the sauce while the wings are baking. Heat a saucepan over low heat. Add the butter, hot sauce, ground pepper and garlic powder, and stir them together. Let the butter melt, and stir the mixture until it is well blended. Remove the sauce from the heat, and pour it over the baked crispy chicken wings.

*Recipe courtesy of www.sheknows.com*
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How to manage cooking for a crowd

Hosting family and friends for special occasions requires a lot of hosts, who must prepare their homes for guests or find establishments capable of catering to large parties. For hosts inviting people into their homes, the task of preparing homemade meals adds to their list of responsibilities.

Cooking for a crowd can be rewarding. Hosts can see the fruits of their labors on the faces of their satisfied guests, and few things make guests feel more welcome than a home-cooked meal. Managing such a large undertaking can be difficult, but there are ways to simplify cooking for a crowd.

· Do the math beforehand.
  Hosts who are preparing a favorite recipe but on a much grander scale than they’re accustomed to should take some time in advance of the big day to determine the equivalent amounts of each ingredient they will need. Write the recipe down and mark it as “serves 25” or however many guests you’re inviting, storing it away so you won’t have to break out the calculator the next time you host. Once you have figured out the equivalent volumes, check the cupboard to ensure you have enough of each ingredient to prepare the meal.

· Serve something familiar.
  One of the joys of cooking is experimenting with new cuisine. However, when cooking for a crowd, hosts might want to stick to a dish they have prepared in the past. That familiarity can make cooks feel more comfortable and relaxed when the cooking commences. In addition, cooks may rest easier knowing they’re about to serve a dish they have perfected as opposed to something they have never before tried.

· Start prep work early.
  Begin prep work as early as possible. Depending on the dish being prepared, it might be hard to get too much done more than a day in advance of the festivities. But even removing small tasks from the docket can save cooks time come the big day. If possible, pour out ingredients in the adjusted increments in advance of the big day. Though it seems like a simple task, stopping to pour out each individual ingredient come the big day can take a substantial amount of time.

· Share the responsibilities.
  Hosts can make their tasks more manageable by sharing the responsibilities of hosting. For example, hosts who are handling the cooking should not also feel responsible to clean their homes. Enlist a spouse, child or even a loved one attending the festivities to handle the chores you don’t have time for. By sharing the responsibilities, hosts will ensure no one person is overwhelmed and party prep will go that much faster.

  Cooking for a crowd can be exhausting. But hosts can employ several strategies to simplify the process of preparing a large meal for many people.

Buffalo Chicken Wings Recipe

Ingredients:  
1/2 cup Frank’s RedHot Original  
1/2 cup Frank’s RedHot Buffalo Wings Sauce  
3 pounds chicken tenderloins or wings

In a large pot, boil the chicken for 15 minutes. If using wings, do not let the chicken fall off the bone. Remove the wings from the water, and let them cool until they’re easy to handle. Carefully pull the skin off each piece. In a baking dish, combine the two sauces, add the chicken, and stir well. Cover, and bake for 30 minutes at 350 degrees F. Uncover, and stir well. Bake uncovered for an additional 10 minutes. Serve with fat-free blue cheese dressing and celery sticks.

Recipe courtesy of www.sheknows.com
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The Chicken Coop: Great Wings with 25 Tasty Sauces

The Chicken Coop, a sports themed restaurant in Wilkes-Barre is a great place to go for a bite to eat - whether it’s for lunch or dinner. Since we’re on the topic of wings, I’ll start off by saying that The Chicken Coop has 25 (yes, you read that right) award winning wing sauces.

The Chicken Coop’s sauces include: mild, medium, parmesan peppercorn, hot, asian sesame, hot garlic, honey mustard, sweet hot honey, garlic parmesan, garlic, mild parmesan, teriyaki, medium parmesan, hot ranch, hot parmesan, barbeque, honey bourbon, smoky barbeque, General Tso, hot barbeque, wasabi or general alarm, honey barbeque, Carolina barbeque, and cajun.

They also have dry rubbed spices: dry jerk, lemon pepper, and old bay.

Along with having a vast selection of wing sauces and dry rubs, they also have a menu that can cater to every appetite, from quesadillas to The Pig Burger - a 20 oz char-grilled sirloin burger.

They’re open from 11 AM - 2 AM daily and walk-ins and groups are welcomed. They also offer take out, delivery, and catering services.

Also, with 15+ tvs - The Chicken Coop is the ultimate game day destination. Most high top tables have personal tvs mounted to the walls so you can watch whatever you’d like while you dine.

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11 Facts About Buffalo Wings You Probably Didn’t Know

1. Buffalo wings were invented in 1964 by mistake. The most widely believed story about the creation of Buffalo wings is that Teressa Bellissmo invented them at the Anchor Bar in Buffalo, NY when she received chicken wings instead of the chicken necks she had ordered.
2. Buffalo wings gained popularity because of the Buffalo Bills. In the early 90’s the team made it to the Super Bowl four times in a row which put a spotlight on these tasty snacks.
3. July 29th is National Chicken Wing Day.
4. The world record for most wings eaten is 444 wings in 26 minutes. In the 2015 Wing Bowl, Patrick “Deep Dish” Bertoletti ate 444 wings while Molly Schuyler came in a close second with 440 wings.
5. It’s widely believed that Frank’s Red Hot was the hot sauce used on the first batch of wings.
6. There is a National Buffalo Wing Festival every Labor Day weekend in Buffalo, New York. This festival hosts crowds of over 80,000 people each year.
7. The Pacific Region consumes the least wings in the country. The South consumes the most. Step it up, west coast.
8. The average American eats 90 wings per year.
9. Americans eat about 1.25 billion wings on Super Bowl Sunday alone. That many wings could circle the Grand Canyon 120 times.
10. In 2013 there was a chicken wing shortage.
11. Ranch is the most popular wing dipping sauce.

Facts courtesy of www.spoonuniversity.com
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Turtle-Head Hot Scale

1 MILD
1 1/2 NOT SO MILD
2 HOT
3 GAINING MOXIE
4 RED HOT

Mild
Hot
Hella Hot
Kick Your !@# $ HOT
Inferno
Wait For It
BBQ
Honey BBQ
Hot Honey BBQ
Backyard BBQ
Bourbon BBQ
T-Town BBQ
Old School Mild
Old School Hot

Vintage Buffalo
Vintage 2 Ohhh
Parmesan Garlic
Parmesan Garlic Hot
Red Hot Garlic
Butter Garlic
Honey Garlic
Hot Honey Garlic
Hot Honey
Hot Honey Inferno
Hot Honey Mustard
Dijon
Hot Dijon

Sweet Hot
Oh My Sweet Hot
Sesame Teriyaki
Sweet Spicy Thai
Lemon Pepper
Mango
Mango Habanero
Mango BBQ Habanero
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Amateur and professional athletics are both big business. According to Forbes, the Southeastern Conference, a collective of universities that includes the University of Alabama and the University of Georgia, generated $375 million in television money alone in 2015, collecting another $140 million from football and basketball postseason play. While that’s a hefty chunk of change, and even more impressive when considering the SEC is just one of many conferences in college athletics, it pales considerably in comparison to the National Football League, which Forbes projected would surpass $13.3 billion in total revenues in 2016.

Such figures highlight the popularity of both amateur and professional sports. Hundreds of millions of people across the globe enjoy sports, and many are fond of gathering with fellow fans to watch their favorite teams play, whether in-person or on television. Viewing parties are a great way to watch the big game with fellow fans, and such gatherings don’t have to require all that much effort on the part of hosts.

· Make it a potluck affair. Potluck affairs make perfect sense for sports viewing parties, so don’t be surprised if guests offer to whip up some homemade guacamole or a buffet-style dish for the big party. Encourage this, asking guests to share what they’re bringing with other invitees so there are no duplicate offerings.

· Vary the food and beverage menu. Chicken wings and beer might seem like go-to foods and beverages for the big game, but even sports bars are increasingly recognizing sports fans’ desire for healthy foods. It’s still acceptable to serve staples like wings, nachos, chips, and pretzels, but try to provide some healthy fare like celery and salad as well. Even whole-grain pretzels might be more enticing to guests watching what they eat. In addition, provide alternatives to alcohol, such as water, soda and juice, for guests who are abstaining.

· Upgrade your television. Projection screens are go-to options for many avid sports fans, but projectors and screens may stretch some sports fans’ budgets. A 4K ultra-HD television can be an affordable option depending on the size of the television, and such devices provide incredibly crisp pictures that can make sports fans feel as though they’re inside the stadium cheering on their favorite players.

· Purchase a sound system. Today’s televisions are sleek and thin. While that saves space and provides more aesthetic appeal than the bulky televisions of yesteryear, thin designs leave little room for sound tech. As a result, it can be hard to hear what’s going on in the game without a sound system. Sound systems are relatively inexpensive; just make sure to purchase one that is compatible with your television.

Sports viewing parties tend to be easygoing affairs that don’t require the level of planning of more formal gatherings.

### Spicy Wings Recipe

**Ingredients:**
- Butter spray
- 16 chicken wings
- 1/2 teaspoon garlic powder
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon paprika
- 1/2 teaspoon onion powder
- 2 tablespoons parsley leaves, chopped small
- Black pepper, to taste

Singe the wings over an open flame to remove any feathers. Rinse them, and pat dry with a tea towel. Heat the broiler. In a bowl, mix together all the spices. Spray the wings with butter spray on both sides. Place the spices in a bag, and add 3 or 4 wings at a time, depending on how big the bag is. Shake the bag to coat the wings. Place the wings in a single layer on the broiler pan or a cookie sheet. Cook for 2 minutes. Turn the wings over, and cook for another 2 minutes. Repeat step 6 for a total of 8 minutes, then serve immediately.

*Recipe courtesy of www.sheknows.com*
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