

Sous Vide Fried Chicken Wings

★★★★★ (3)

Cast Iron Cookie

New Zealand

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Cast Iron Cookie is a website devoted to fresh, delicious and easy dairy-free recipes created by Vicki and Alan, a husband and wife team who love making and devouring good food. They are a part of the #anovafodnerd family and currently live in Auckland, New Zealand.

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Recipe Temp
154.4 F / 68 C

Recipe Time
03:00

Prep Time
00:10

We tested loads of fried chicken over the last couple of weeks to get to our final time and temperature selection. This fried chicken is much healthier than your standard fare. To make it extra awesome we present you with a variety of tips and tricks on our blog, [castironcookie.com](#), which also includes gluten-free options and homemade sauces.

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Ingredients for 4

8 pieces chicken (light or dark meat)

Salt and Pepper to season

2 cups / 473 ml soy milk

1 tbsp / 15 ml lemon juice or vinegar

1 cup / 340 g plain high protein flour (for a gluten-free version, swap the regular flour for an additional cup of rice flour)

1 cup / 340 g rice flour (or another cup of the plain high protein flour)

½ cup / 170 g cornstarch or cornflour

2 tbsp / 15 g paprika

2 tbsps / 15 g Salt

2 tbsp / 15 g ground black pepper

Directions

Step 1

Heat your Precision Cooker to 154.4°F / 68°C.

Step 2

Season the chicken with salt and pepper and seal it in a resealable or vacuum sealing bag. resealable zipper locking bag or vacuum sealed bag.

Step 3

Cook 3 hours for dark meat, 1 hour for light.

Finishing Steps - Stovetop

Step 1

Remove the chicken and set the chicken aside for 15-20 minutes while you prep fryer. For best results you want it warm, but not hot. NOTE - at this stage you can stop cooking, put the chicken in the fridge, and come back any time in the next 2-3 days to finish the rest of the recipe.

Step 2

Preheat your oil to 205 - 220 C (400 - 425 F).

Step 3

In a large bowl, whisk together the soy milk and acid and set aside. In a second large bowl, do the same with the dry mix.

Step 4

One piece at a time, dredge the chicken, moving it from the dry mixture to the wet mixture. Repeat 2-3 times, then place on a wire rack.

Step 5

Fry the chicken in small batches of 2-3 pieces, for 3-4 minutes each until nicely browned. Set on a wire rack over a sheet pan once cooked and allow to cool for 10-15 minutes.

Step 6

Serve hot - plain, with lemon wedges or your favorite sauce.

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Latest Comments



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**Sharon Skelton** · Works at Retired

Hmmm. Do a very similar method - but I used buttermilk and the rice flour, I also add a ton of tabasco to the buttermilk!

Like · Reply · 8 · 2 May 2017 03:54

**Rick Harderwijk** · Part Time Blogger at FeedMe

Yeah, not clear if the soy milk is there for any other reason than not wanting / able to use regular milk due to allergies or something.

Like · Reply · 1 · 2 May 2017 11:45

**Julia Jean** · James Madison High School

I add tons of spices but yes hot sauce and butter milk are a must!!!!

Like · Reply · 2 · 2 May 2017 17:20

**Andy Little** · Raleigh, North Carolina

Is there a way to make this with regular ingredients, like milk? And flour other than rice flour that I don't even know where to get?

Like · Reply · 3 May 2017 01:53

**Brian Spitzer** · Research Assistant at Stanford University

It's a healthier version.

- Rice flour and cornstarch work particularly well because they fry up crispier than wheat flour. They also absorb less moisture and fat during the frying process, making the products less greasy. You can use either depending on preference.

- Most often, buttermilk is used because it's slightly acidic, tenderizing the meat. Alternatively, you can use whole milk or soy milk (as above) as long as you add lemon juice/white vinegar.

Like · Reply · 3 · 3 May 2017 07:40

**Anne Duffield Sutherland** · Dallas, Texas

Use an air fryer! No flour is necessary.

Like · Reply · 2 · 7 May 2017 04:55

**Mike Grant Macdonald** · Retail Sales at Exclusive Floors

Try it Anne, I have one, and would love to know if your idea works.

Like · Reply · 12 May 2017 02:38

**Paul Klee**

Why should we allow the pieces to cool for 10-15 minutes? Do I miss anything? Are they still hot after 15 minutes?

Like · Reply · 12 May 2017 10:26

**Juan Howard** · Wittenberg University

If you bite chicken straight out of the dryer, you'll be VERY sorry.

Like · Reply · 1 · 12 May 2017 16:05

**Florence Appéré** · Works at UNESCO

What is an air fryer? I live in France... where can I find that?

Like · Reply · 12 May 2017 10:49

**Michael Rinehart** · Food and Beverage Director at Oasis Country Club

Air fryer is a small countertop oven that looks sort of like Darth Vaders head. Not very large capacity but very effective and fast. I won two and use them regularly. Extremely hot air moved rapidly by a fan.

Like · Reply · 19 hrs

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