

NEUMANN'S BASIC COOKING

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FRUIT SHAKES:

TAKE A FRUIT OR ONE CUP OF SMALL FRUITS.
SLICE AND DE-PIT IF NECESSARY.
DISPOSE OF WASTE PROPERLY.
PUT IN BLENDER.
ADD ONE CUP OF WATER, JUST ENOUGH TO GET THE MIX SPINNING.
ADD ONE SCOOP LEMONADE POWER OR ANY FRUIT POWDER OF YOUR CHOICE.
MIX A LITTLE.
ORANGE JUICE OR OTHER JUICE MAY BE SUBSTITUTED FOR
WATER AND POWDER. TRY TO SELECT FOR BEST TASTE MIXTURE.
ADD ONE TEASPOON VITAMIN C POWDER - BRONSON'S BRAND #49B
ADD 2 TO 3 HAND FULLS OF ICE CUBES:
LESS ICE MAKES A SHAKE.
MORE ICE MAKES AN ICEE.
DO NOT ADD MORE ICE IF BLENDER STOPS SPINNING THE LIQUID.
IF BLENDER GETS CAUGHT ON AN ICE CUBE, STOP, PICK UP GLASS
CONTAINER OFF OF PEDISTAL AND SWISH AROUND TO MOVE
THE BLOCKED ICE CUBE, THEN RETURN TO PEDISTAL AND
CONTINUE MIXING.
MIX UNTIL ICE CUBE CRUNCHING SOUND STOPS.
SERVE IN GLASS IMMEDIATELY.

MICROWAVE DINNERS RESTAURANT STYLE:

DO NOT MICROWAVE THE DINNER!
OPEN CONTAINER COMPLETELY.
DISPOSE OF CONTAINER PROPERLY.
REMOVE FROZEN CONTENTS OF MAIN COURSE AND PLACE IN NON-STICK SKILLET.
ADD TERYAKI SAUCE, BARBIQUE SAUCE, BUTTER, OR OLIVE OIL TO KEEP FOOD
FROM GET BURNED, USE YOUR BEST JUDGEMENT BASED ON THE
TYPE OF TV DINNER, SO YOU GET A GOOD TASTE.
I.E. CHINESE STYLE DINNERS GO WELL WITH TERYAKI, WESTERN STYLE
WITH BARBIQUE, ITALIAN WITH OLIVE OIL, ETC.
COOK ON MEDIUM-HIGH FIRE UNTIL CONTENTS MELT COMPLETELY.
COVERING SKILLET WILL SPEED UP THE PROCESS.
AFTER MELTED WATCH MORE CAREFULLY AS TO NOT BURN CONTENTS.
MIX CONTENTS FOR EVEN HEATING.
IF STEAMY AND A LOT OF BLUB-BLUB, TEST THAT CONTENTS ARE SUFFICIENTLY HOT
BUT DON'T BURN YOUR FINGERS.
SERVE.
IF TV DINNER COMES WITH BREAD, CAKE OR EGG ROLL, SEPARATE THEM
AND HEAT SEPARATELY IN TOASTER OVEN - NOT MICROWAVE!

FROZEN EGG/SAUSAGE/CHEESE MUFFIN REVISITED:

DO NOT MICROWAVE THE MUFFIN PACKAGE!
OPEN PACKAGE AND EMPTY CONTENTS ON TO A PLATE.
DISPOSE OF PLASTIC WRAPPER PROPERLY.
SEPARATE BREAD TOP AND BOTTOM AND PUT IN TOASTER.
IF YOUR DIET SHOULD NOT HAVE BREAD, THROW, GIVE IT AWAY,
OR SAVE FOR LATER.
SEPARATE SAUSAGE AND EGG AND CHEESE PRODUCTS.
PLACE IN NON-STICK SKILLET SAUSAGE ON ONE SIDE,
EGG ON THE OTHER WITH CHEESE ON TOP OF THE EGG.
(YOU MIGHT WISH TO USE NON-STICK SPRAY OR BUTTER BEFORE PUTTING ABOVE
CONTENTS IN SKILLET.)

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COOK ON MEDIUM-HIGH FIRE ON STOVE TOP.
WATCH AS PRODUCTS DE-FROST.
FLIP SAUSAGE SO IT DOES NOT BURN.
TO FLIP EGG, MOVE CHEESE TO ON TOP OF SAUSAGE,
THEN FLIP EGG. MOVE CHEESE BACK.
IF CHEESE STARTS TO MELT, DECIDE WHETHER YOU ULTIMATELY
WANT IT TO MELT ON THE EGG OR THE SAUSAGE, THEN LEAVE IT THERE.
WHEN EGG AND SAUSAGE ARE SLIGHTLY BROWNE,
REMOVE AND SERVE.
DO NOT FORGET YOU ARE TOASTING THE BREAD.
RE-ASSEMBLE CONTENTS OR EAT ITEMS SEPARATELY.

EGGS FOR THE EGGHEAD:

TAKE TWO TO THREE EGGS. YOU MAY SUBSTITUTE ANY NUMBER OF EGGS
FOR EGG WHITE LIQUID.
BREAK EGGS AND PLACE CONTENTS IN CEREAL BOWL (NO CEREAL)
MIX WITH FORK IN CIRCULAR MOTION LIKE YOU ARE WINDING UP A TOY
UNTIL EGG YOLK AND WHITE ARE THE SAME COLOR.
ADD SALT AND PEPPER TO TASTE.
IF YOU HAVE ONIONS, DICE SOME AND ADD TO CEREAL BOWL.
IF YOU HAVE GARLIC, CRUSH ONE CLOVE AND ADD.
IF YOU HAVE GREEN PEPPERS, DICE SOME AND ADD.
IF YOU HAVE PARSLEY, SLICE SOME AND ADD.
ADD ONE GENEROUS HANDFUL OF SHREDDED CHEDDER OR OTHER CHEESE.
MIX A LITTLE, THE SAME WAY, WITH FORK.
PREPARE A NON-STICK SKILLET WITH NON-STICK SPRAY OR BUTTER AND
PRE-HEAT IT A LITTLE, BUT DON'T BURN THE PAN.
WHEN PAN IS WARM. ADD EGG MIXTURE.
WHEN EGG STARTS TO SOLIDIFY, BEGIN MIXING CONTENTS SLOWLY
UNTIL ALL PARTS ARE SOLID. REMOVE PAN FROM FIRE JUST BEFORE
ALL CONTENTS SOLIDIFY SO AS NOT TO BURN EGGS.
WHEN ALL CONTENTS ARE SOLIDIFIED (BUT NOT TOO DRY),
REMOVE AND SERVE.
FOR OMELETTE, DO NOT MIX EGGS WHEN IN PAN. LET ALMOST ALL SOLIDIFY
IN PAN, THEN FLIP ONE SIDE OVER TO THE OTHER SIDE TO
MAKE A SEMI-CIRCLE. WAIT FOR CONTENTS TO SOLIDIFY,
THEN FLIP SEMI-CIRCLE TO OTHER SIDE. DO NOT OVER-BROWN,
REMOVE PROMPTLY WHEN SOLIDIFIED.

SAUSAGES - DE-NITRATED:

PUT SAUSAGES IN NON-STICK PAN, AND ADD WATER TO COVER SAUSAGES.
BOIL SAUSAGES UNTIL DEFROSTED AND THEN DRAIN WATER.
ADD WATER ONE MORE TIME, BOIL, AND DRAIN.
BROWN UP SAUSAGES, THEN SERVE.
CANCAN MUSHROOM SOUP
1 CREAM OF MUSHROOM CAMPBELLS SOUP
1 CAN WATER
5 TO 10 DROPS TABASCO
A DASH OF SOY SAUCE
A HANDFUL OF GRATED CHEESE
ONIONS AND VEGGIES OPTIONAL
ADD ABOVE INGREDIENTS
AND COOK IN SAUCEPAN ON MED HI UNTIL BOILING.
STIR SLOWLY WHILE SIMMERING FOR 5 TO 10 MINUTES THEN REMOVE
AND SERVE PROMPTLY.

"CHICKEN AND THE EGG" NOODLE SOUP

1 CHICKEN NOODLE CAMPBELLS SOUP
1 CAN WATER
5 TO 10 DROPS TABASCO

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A DASH OF SOY SAUCE
A HANDFUL OF GRATED CHEESE
SOME PARSLEY OR OTHER VEGGIE
ADD ABOVE INGREDIENTS
AND COOK IN SAUCEPAN ON MED HI UNTIL BOILING
BREAK ONE OR TWO EGG - CAN USE WHITE SUBSITUTE.
MIX IN BOWL AND ADD PEPPER.
ADD TO BOILING MIXTURE AND STIR SLOWLY.
SIMMER FOR 5 TO 10 MINUTES THEN REMOVE
AND SERVE PROMPTLY.

COW-LESS CHOCOLATE MILK SHAKE

NO MILK REQUIRED.
ADD A SCOOP OF CARNATION MILK POWDER TO BLENDER.
ADD A SCOOP SWISS MISS CHOLOCALE POWDER TO MIX.
ADD A DASH OF COFFEE CREAMER POWDER TO MAKE CREAMY TASTING.
SUGAR NOT NECESSARY.
ADD 8 OZ CUP OF WATER - DOES NOT HAVE TO BE COLD.
MIX ON LOW FOR A SHORT WHILE TO MIX CONTENTS.
ADD TWO HANDFULS OF ICE CUBES.
MIX ON LOW UNTIL SHAKE-LIKE TEXTURE AND ALL ICE CUBES
ARE BROKEN DOWN - LISTEN FOR THE SOUNDS.
SERVE IMMEDIATELY.

"FULL OF BOLOGNA" "BACON"

BUY BOLOGNA - CAN BE UNSLICED.
SLICE BOLOGNA INTO STRIPS LIKE BACON.
HEAT NON-STICK SKILLET ON HIGH - NO BUTTER OR OIL REQUIRED,
GREASE FROM BOLOGNA WILL BE ENOUGH.
ADD STRIPS OF BOLOGNA TO SKILLET.
BROWN BOTH SIDES SUFFICIENTLY SO THEY ARE MOSTLY BROWN/BLACK
ON BOTH SIDES. DO NOT BURN THEM UP COMPLETELY.
AS BOTH SIDES BECOME DONE, REMOVE THE STRIP OF BOLOGNA.
CONTINUE UNTIL ALL PIECES DONE.
TURN OFF FIRE AND REMOVE SKILLET - JUST REMINDING YOU!
SERVE HOT, BUT BE CAREFUL NOT TO BURN
YOUR MOUTH AND TEETH.
FOOD FOR THOUGHT:
SO, DO YOU HAVE TO EAT A "LOT" OF "PIE" TO BECOME A PI-LOT?

KOOL RUNNER:

ONE SCOOP KOOL-AID POWDER
ONE SPOON VITAMIN C POWDER
ONE GLUCOSAMINE TABLET CRUSHED WITH A GARLIC PRESS (NO GARLIC).
(YOU CAN ADD A COUPLE OF RED GRAPES IF YOU HAVE ANY.)
8 OZ WATER
MIX IN BLENDER UNTIL POWDER DISSOLVES.
ADD TWO HANDFULS OF ICE AND MIX ON LOW UNTIL ALL ICE HAS BEEN
CRUSHED INTO A SMOOTHIE.
SERVE IMMEDIATELY.

CHILDHOOD SINS:

ONE DAY MY BEST FRIEND AND I SAW THE ICE CREAM TRUCK COMING.
WE WERE IN THE DITCH IN THE WOODS AND SHOUTED "ICE CREAM! ICE CREAM!
BUT DID NOT COME OUT TO GET ANY. THE ICE CREAM MAN STOPPED THE TRUCK
IN ANTICIPATION OF A SALE, THEN WENT ON HIS WAY, PROBABLY FRUSTRATED.
WE LAUGHED AND LAUGHED. IT WAS MY IDEA.

GUILTY GRILLED CHEESE:

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HAVE A SPATULA AND LARGE DINING PLATE NEAR THE OVEN BEFORE PROCEEDING.
TAKE TWO SLICES ITALIAN BREAD AND TWO SLICES MUESTER SLICED CHEESE.
SPRAY SKILLET WITH NON-STICK COOKING SPRAY HEAVILY.
PLACE BREAD SLICES SO THEY "MIRROR" EACH OTHER FLAT IN THE SKILLET.
DROP GENEROUS BALL OF BUTTER ON BOTH SLICES WHILE IN THE PAN.
COVER PAN WITH SKILLET COVER, TURN ON BURNER TO MEDIUM - DAIL AT HALF-WAY AROUND.
DO NOT GET DISTRACTED - OR YOU'LL BURN THE BREAD.
CHECK EVERY 60 SECONDS TO SEE IF THE BUTTER HAS MELTED.
SMOOTH OUT BUTTER OVER THE BREAD, THEN CHECK IF THE BREAD IS BROWNING A LITTLE ON THE BOTTOM.
IF SO, NOW FLIP THE BREAD, KEEPING THEM IN "MIRRORED" POSITIONS.
QUICKLY FOLD EACH PIECE OF CHEESE, ONE AT A TIME, DOUBLING UP THE TWO HALVES AND PLACE THEM ON EACH BREAD SLICE. (TRY NOT TO LEAVE PIECES OF CHEESE "OVER-HANGING" IF POSSIBLE. BREAK THEM INTO SMALLER PORTIONS IF NECESSARY.)
COVER THE SKILLET WITH THE COVER, AND WAIT ANOTHER 60 SECONDS TO CHECK THAT THE CHEESE HAS STARTED TO MELT.
AGAIN, DO NOT GET DISTRACTED.
LIFT COVER, CHECK THAT BREAD IS NOT BURNED.
AT THIS POINT, YOU CAN TURN OFF THE FIRE.
TAKE ONE SIDE OF THE "MIRROR" AND, WITH A SPATULA, CAREFULLY, OH SO CAREFULLY, FLIP IT ON TOP OF THE OTHER LOWER PORTION. ADJUST FOR SEAMLESSNESS AFTER FLIPPING.
COVER SKILLET FOR 30 SECONDS TO ALLOW FOR CHEESE FUSION.
REMOVE SKILLET FROM FIRE, AND QUICKLY BUT CAREFULLY TRANSPORT TO THE PLATE. TAKE PLATE TO TABLE, WAIT ONE MINUTE BEFORE EATING OR YOU MAY BURN YOUR MOUTH. SAY A PRAYER, START CLEANING UP, OR SOMETHING IF YOU ARE IMPATIENT. MAKE SURE YOU TURNED OFF THE FIRE, ETC. OTHER TYPES OF BREAD AND CHEESE MAY BE SUBSTITUTED.
IF YOU START TO FEEL GUILTY, YOU'VE EATEN THIS DISH TOO MANY TIMES IN THE SAME WEEK.
"NOW, DON'T FEEL GUILTY!"

EGGS BROKEN OVER LIGHT (OR "BROKEN EGGS"):

GET TWO OR MORE EGGS READY.
PREPARE SKILLET WITH NON-STICK SPRAY.
HEAT BURNER TO MEDIUM OR HIGHER. (HIGHER IS RISKIER.)
TAP EACH EGG WITH BACK OF BUTTER KNIFE OVER SKILLET.
OPEN EGG SHELL AND "DELIVER" EGG TO SKILLET FROM A SLIGHTLY HIGHER ALTITUDE. IF EGG YOLK DOES NOT BREAK ON ENTRY, TAKE THE BUTTER KNIFE AND PIERCE EGG YOLK SLIGHTLY, SO IT OOZES, BUT DO *NOT* STIR IT AROUND - THIS IS NOT TO BECOME A "SCRAMBLED" EGG. TRY TO KEEP THE EGGS CLOSE TO ONE ANOTHER FOR COMPANY, IF POSSIBLE, WHEN "DELIVERING" TO SKILLET. NOW WAIT A MINUTE OR TWO FOR THE WHITES AND YOLK TO START SOLIDIFYING. YOU CAN COVER THE SKILLET WITH A COVER, TO HELP SPEED THINGS UP, BUT KEEP A CLOSE EYE ON THE EGGS, OR YOU MAY OVER-DO THEM. BEFORE THEY BURN TOO MUCH ON THE BOTTOM, CAREFULLY TRY TO FOLD THE EGGS OVER TO THE OTHER SIDE.
IF THE YOLK IS STILL PRETTY LOOSE AND MOVING AROUND A LOT, YOU ARE ATTEMPTING THE "FLIP" TOO SOON. COVER CONTENTS FOR ANOTHER MINUTE OR LESS, THEN SLIDE THEM OFF OF THE SKILLET TO A PLATE BEFORE THEY GET BURNED. REMOVE SKILLET FROM BURNER, AND TURN OFF FIRE. EAT AS SOON AS POSSIBLE.
OH, AND YOU COULD ADD ITEMS LIKE, SALT, PEPPER, GRATED CHEESE, ONIONS, GARLIC, VEGGIES, SPICES, TOBACCO, ETC. SHOULD YOU BE INTERESTED.
(JUST DO THESE THINGS EARIER IN THE PROCESS.)

Bloody Man:

Open one can V8 Juice or pour one glass Tomato Juice preferrably chilled.
Add one to three drops Tabasco or other peppery sauce.
Add a dash of ground pepper.
Squeeze lime or lemon if available.
Drink as soon as desired.

Call-See-Em High:

Add one glass cold milk to Blender.
Add one raw egg (no shells please).
Add one scoop Syntha-6 (Choco-Mint or other flavor).
One scoop matching flavored ice-cream (if you are decadent).
Open with small scissors two 1000 mg capsules of Bronson's Calcium #162A
and pour contents into blender but not the capsule shells.
Add a spoon or two of sugar, but probably not necessary
if you added the ice cream (you rich "dog").
Blend thoroughly then add two to three handfuls of ice,
blend on slow until smooth.
Serve immediately.
Of course, Ice Cream, Sugar, and Egg are optional.

POOR MAN'S CALL-SEE-EM HIGH:

ONE CUP WATER, COLD IF POSSIBLE.
GENEROUSLY ADD COFFEE CREAMER.
OPEN AND ADD CONTENTS OF 1000 MG CALCIUM CAPSULES
WITHOUT THE CAPSULE. ADD ONE, TWO, OR THREE CAPSULE CONTENTS.
STIR WITH AVAILABLE COFFEE STIRRER OR SPOON UNTIL WELL MIXED.
MAKE SURE YOU ADDED ENOUGH CREAMER TO MAKE THE "MILK" TASTE.
DRINK NO MORE THAN ABOUT ONE OF THESE A DAY.
TOO MUCH CALCIUM CAN CAUSE "STONES" IN YOUR ORGANS.

Message Spiritual Brazilian:

Espera em Deus
Nos tem que pedi Deus e depois descansa na promessa
sim batendo constantemente a mesmo coisa.
Deus olvir a primeira vez e no esquece como as humanos.
Comensa lovour com uma nova melodia.
E pensa otras coisas pra pedi e tambem tenta escuta que Deus quere fazer
com sua vida e faz esquecendo as otras "preocupaciones"
que ficando preocupado,
no vai agradacer a Deus,
perdendo tempo e gastando poder de Deus pra licho.
E voce quer esta bencao?
Fica com "Linha Aberta" e available e Deus vay a mover.
Mas claro que Vc escuta, mas rapida.
Possivel a ultima momento mas no falta.
Another small message:
O inimigo no e nos mesmo.
E external mas penetrar nossas mentes
pra trocar nossa pura identidade pra tornar um bicho.
"Eu no vo a voltar pra ficar um cachojo.
Deus quer muito mas por mi."
O inimigo sol quer nos atencao
quando ele quer comer nos cuerpo,
alma, e espirito.
Apart from this, he has no interest in us.

Orange-a-Tang:

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Add one glass orange juice either fresh squeezed,
from concentrate, or unsweetened can to blender.
Add one to two spoons sugar or Tang if needs sweetening.
Break one egg into contents.
Run blender on mix or higher,
if wish more fluffiness, for a minute or more.
Add two handfuls of ice.
Mix on slow until ice crushed well into "slushy".
Serve immediately.

Joke of the minute:

Q: What bank helps you "cheat" on your primary bank (and pays more interest) ?

A: FL-"ING DIRECT"

Encore joke:

Sometimes MEDIC is short for MEDIoCre or even MEDI-ogre.

Double-Layer Grilled Cheese "Drive":

No butter necessary [if you have edible cooking spray].
Cream Cheese is your "substitute."
Spray pan with butterized cooking spray.
Get two slices of your favorite bread
(but I recommend rye for this one.).
Spray both sides generously.
Be sure you are not one of these people
that has a "reaction" to just about anything you eat.
Brown one side of both pieces without burning them.
Flip pieces and spread cream cheese on both of the other sides.
Lower heat to minimum and add two pieces of your favorite cheese
(I used cheddar and it turned out "grate".).
Fold each slice of cheese in half,
and place neatly on the cream cheese
coated sides of the bread.
Now get a cover on the pan to help all the cheeses meld.
Remove pan from fire before bread burns.
Merge both halves into a sandwich with a spatula carefully,
and cover for a quick minute to "glue" them together.
The pan should be off of the fire at this point.
Serve while still hungry.

FRIED POCKETS

TAKE YOUR FAVORITE "HOT POCKET" SNACK OUT OF THE FREEZER.
GET A NON-STICK POT AND SPRAY IT GENEROUSLY WITH NON-STICK SPRAY.
ADD A TEASPOON OF COOKING OIL (VIRGIN OLIVE OR OTHER),
ADD HOT POCKET (WITHOUT WRAPPER OF COURSE), SET TO JUST LESS
THAN HALF THE BURNER TEMPERATURE RANGE. (MED-LO).
SPRAY NON-STICK SPRAY ON HOT POCKET ITSELF.
COVER POT, SO OIL DOES NOT SPLATTER.
ON THE CHIME OF EACH MINUTE,
CHECK THE HOT POCKET TO SEE IF ONE SIDE
IS BROWNING. BRIEFLY REMOVE FROM FIRE WHEN
MANIPULATING YOUR HOT POCKET
SO THE OIL DOES NOT SPLATTER ON YOU.
DO NOT LET THE HOT POCKET STICK TO THE POT.
ADD MORE NON-STICK SPRAY IF NECESSARY.
MOVE IT AROUND AND TURN IT EACH MINUTE.
IF IT IS BURNING, LOWER THE FIRE SOME.
WHEN BOTH SIDES ARE GOLDEN BROWN, TURN OFF THE FIRE,
BUT LET THE POT, WITH THE HOT POCKET INSIDE,
SIT ON THE BURNER FOR A FEW MINUTES,

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JUST TO MAKE SURE THE FILLING IS COOKED AND HOT
(BECAUSE IT WAS FROZEN). THE SMELL OF THE NOW
MORE DELICIOUS HOT POCKET SHOULD START TO PERMEATE
THE KITCHEN. LET SUFFICIENTLY COOL BEFORE EATING.
WE ALL KNOW ABOUT "HOT POCKET FILLING BURNS".

POWER BAR MELT DOWN SHAKE

DON'T FEEL UP TO CHEWING ON THAT HARD FRUITY POWER BAR?
CONSIDER DROPPING IT (AGAIN, WITHOUT THE WRAPPER OF COURSE) INTO A POT,
ADD ONE CUP OF WATER, AND BOIL UNTIL MELTED COMPLETELY.
DO NOT LEAVE UNATTENDED WHILE BOILING.
THEN LET COOL TO ROOM TEMPERATURE. GET YOUR BLENDER OUT.
ADD TO BLENDER WHEN COOL (SO AS NOT TO CRACK THE GLASS).
ADD A HALF A SCOOP OR TWO OR THREE TEASPOONS OF SUGAR.
BLEND BRIEFLY. THEN ADD TWO HANDFULS OF ICE, ONE AT A TIME, BLENDING
UNTIL THICK AND MALTY. MORE OR LESS ICE WILL BE NEEDED DEPENDING ON
THE TEMPERATURE OF THE LIQUID AT BLEND TIME. DRINK WHEN YOU NEED POWER,
BUT DON'T WAIT TOO LONG OR THE ICE CRYSTALS WILL MELT.

Know Honey Paprika wings:

Get out Tyson all natural chicken wings (plain no sauce) or use your own brand.
Add some cooking oil to saucepan dont need too much or it may "attack" you.
Add as few or many chicken wings defrosted or even frozen to pan when pan a little
hot.
No honey? Get out the Karo vanilla flavored corn syrup.
Drop a glob on each chicken wing.
Get out the Paprika and sprinkle on all chicken wings. Use feeling.
Once pan is bubbling the oil, turn down the heat to less than half.
Cover pan but don't leave unattended.
Syrup, paprika, and oil will mix and bubble on the pan,
the wings will absorb the delicious mixture on contact
and the sauce will glue to the skin of the wings while turning them brown.
Move pan out of fire and let bubbling stop before turning wings to brown all sides.
If wings were frozen give sufficient time to cook thoroughly through,
lower fire even more if necessary so not to burn wings too much.
If frozen, may take up to 15 or so minutes to cook well and get brown. Be patient
and don't leave the kitchen or take a nap. Listen intently and watch smoke content
to make sure everything is safe.
After done, let cool at least 5 or more minutes before attempting to eat.
Don't want to break teeth or burn mouth parts.