

- Prep Time: 10 minutes
- Cook Time: 20-25 minutes
- Total Time: 35 minutes
- Yield: 4 servings (approx. 2 lbs / 24 wingettes and drumettes)
- Skill Level: Beginner
- Recipe Intensity: Low to Medium (*Requires minimal active knife work, straight-forward flipping, and temperature monitoring to avoid overcrowding*)

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Equipment Needed

- Air Fryer (Basket style or front-loading oven style, minimum 4-quart capacity)
- Large Mixing Bowl
- Paper Towels (Crucial for drying the wings)
- Tongs
- Meat Thermometer
- Wire Cooling Rack

Ingredients

For the Crispy Wings Base

- 2 lbs (approx. 900g) Whole chicken wings (split into drumettes and flat wingettes, tips removed)
- 1 tbsp Baking powder (*Aluminum-free; crucial for ultra-crispy skin—do not substitute*)

with baking soda)

- 1 tbsp Neutral cooking oil (avocado oil, canola oil, or light olive oil spray)
- 1 tsp Garlic powder
- 1 tsp Onion powder
- 1 tsp Smoked paprika
- 1/2 tsp Kosher salt
- 1/2 tsp Freshly cracked black pepper

Option 1: Classic Buffalo Sauce Glaze

- 1/3 cup Frank's RedHot Original Sauce (or favorite hot sauce)
- 1/4 cup Unsalted butter, melted
- 1 tbsp Pure honey or maple syrup (optional, to balance the heat)

Option 2: Honey Garlic Soy Glaze

- 1/4 cup Soy sauce (low sodium)
- 3 tbsp Pure honey
- 2 cloves Garlic, finely minced
- 1 tbsp Unsalted butter

Step-by-Step Cooking Instructions

Step 1: Prep & Thoroughly Dry the Wings

1. If using whole wings, split them at the joint into drumettes and flats (wingettes). Discard or freeze the wing tips for future stock.
2. Pat the chicken pieces completely dry using paper towels. Crucial Tip: Any moisture left on the skin will produce steam rather than a crisp finish. For ultimate crunch, place the patted-dry wings uncovered on a wire rack in the refrigerator for 1 to 4 hours before cooking.

Step 2: Season and Coat

1. In a large bowl, combine the baking powder, garlic powder, onion powder, smoked

paprika, salt, and black pepper.

2. Drizzle the light cooking oil over the dried chicken wings, then toss to coat lightly.
3. Sprinkle the seasoning mix evenly over the wings and toss thoroughly until every piece is uniformly coated in a thin layer of dry rub.

Step 3: Arrange in the Air Fryer

1. Preheat your air fryer to 380°F (193°C) for 3–5 minutes.
2. Lightly coat the air fryer basket with non-stick cooking spray (avoid aerosol propellants on non-stick baskets—use an oil mister or silicone brush).
3. Place the seasoned wings in the basket in a single, even layer. Ensure pieces do not touch or overlap; air circulation is essential for a crispy texture. Cook in batches if necessary.

Step 4: Air Fryer Cooking Cycle

1. First Phase (Render & Cook): Air fry at 380°F (193°C) for 12 minutes.
2. Flip: Open the air fryer basket and use tongs to flip each wing over.
3. Second Phase (Crisp Up): Cook for another 10 minutes at 380°F (193°C).

4. Final Crisp Boost: Turn the temperature up to 400°F (204°C) and cook for an additional 2 to 3 minutes to get the skin extra golden and crunchy.
5. Check Doneness: Insert a digital meat thermometer into the thickest part of a wing without hitting bone. The internal temperature must reach at least 165°F (74°C) (though wings often taste best and are most tender around 175°F-180°F).

Step 5: Sauce and Toss

1. While the wings are in their final minutes of cooking, whisk together your chosen sauce ingredients in a small bowl until fully combined.
2. Transfer the hot cooked wings immediately from the air fryer basket to a clean mixing bowl.
3. Pour the sauce over the wings and toss gently until fully coated.

Step 6: Serve

1. Serve warm with crisp celery sticks, carrot sticks, and your choice of ranch or blue cheese dipping sauce.

Expert Chef Tips for Best Results

- Why Baking Powder? Baking powder changes the pH level on the skin of the chicken,

breaking down the peptide bonds. This process causes the skin to blister, creating a micro-thin, crackly shell that mimics a deep-fried texture without adding excess fat.

- **Do Not Overcrowd:** Cooking 2 lbs of wings in a smaller 4-quart air fryer often requires cooking in two separate batches. Crowding the basket traps steam, resulting in soggy skin.
- **Reheating Leftovers:** To bring back that original crunch, place leftover sauce-less wings back into an air fryer preheated to 360°F (182°C) for 4–5 minutes.

Nutritional Information

Nutritional values are calculated per serving based on 4 servings of plain crispy wings with the Classic Buffalo Glaze.

Nutrient	Amount Per Serving	% Daily Value*
Calories	385 kcal	—
Total Fat	28 g	36%
<i>Saturated Fat</i>	9.5 g	48%
<i>Trans Fat</i>	0.2 g	—
Cholesterol	115 mg	38%
Sodium	680 mg	30%
Total Carbohydrates	3.5 g	1%
<i>Dietary Fiber</i>	0.4 g	1%
<i>Total Sugars</i>	1.8 g	—
Protein	29 g	58%
Vitamin D	0.4 mcg	2%
Calcium	45 mg	4%
Iron	1.8 mg	10%
Potassium	280 mg	6%

