

- Prep Time: 25 minutes
- Cook Time: 35 minutes (staggered)
- Total Time: 1 hour
- Yield: Serves 6–8 guests
- Difficulty: Medium

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Cooking Intensities & Heat Levels

- Wings Air Frying Heat: High Air Circulation (400°F / 200°C)

- Stuffed Mushrooms Baking Heat: Medium-High Heat (375°F / 190°C)
- Fried Okra Frying Heat: Medium-High Heat (375°F / 190°C oil for deep/shallow fry, or 400°F air fry)

Ingredients

1. Ultra-Crispy Air Fryer Wings

- 2 lbs (900g) Chicken Wings, split into flats and drumettes (patted thoroughly dry)
- 1 tbsp Aluminum-Free Baking Powder (the key to blistered, crispy skin)
- 1 tsp Garlic Powder
- 1 tsp Smoked Paprika
- ½ tsp Salt & Black Pepper
- ⅓ cup Buffalo Wing Sauce or Honey BBQ Sauce, for tossing

2. Garlic & Cream Cheese Stuffed Mushrooms

- 16 oz (450g) Cremini or White Button Mushrooms, stems removed and finely chopped

- 4 oz (115g) Cream Cheese, softened to room temperature
- ¼ cup Panko Breadcrumbs
- ¼ cup Parmesan Cheese, freshly grated
- 2 cloves Garlic, minced
- 2 tbsp Fresh Parsley, finely chopped
- 1 tbsp Olive Oil

3. Southern Crispy Fried Okra

- 1 lb (450g) Fresh Okra, sliced into ½-inch rounds
- ½ cup Buttermilk (or milk mixed with 1 tsp lemon juice)
- ½ cup Yellow Cornmeal
- ¼ cup All-Purpose Flour
- ½ tsp Cayenne Pepper

- ½ tsp Garlic Powder
- Salt & Black Pepper, to taste
- Cooking Oil (for shallow frying or oil spray if air frying)

Step-by-Step Instructions

1. Prep and Season the Wings: Moisture removal is essential for crispy skin.

Pat the chicken wings completely dry using paper towels. In a large bowl, toss the dry wings with baking powder, garlic powder, smoked paprika, salt, and black pepper until every piece is evenly coated. Preheat your air fryer to 400°F (200°C).

2. Air Fry the Wings: Cook in a single layer without crowding.

Place the wings in a single layer inside the air fryer basket. Air fry at high heat (400°F / 200°C) for 20 minutes, flipping halfway through at the 10-minute mark, until the skin is deeply golden and crackling.

3. Prepare and Bake the Stuffed Mushrooms: Preheat oven to 375°F (190°C).

Heat olive oil in a pan over medium heat. Sauté the chopped mushroom stems and minced garlic for 4 minutes until soft. Transfer to a bowl and mix with cream cheese, Panko, Parmesan, and fresh parsley. Stuff the mixture generously into reserved mushroom caps, place on a baking sheet, and bake at 375°F (190°C) for 18–20 minutes until golden brown.

4. Dredge and Fry the Okra: Standard Southern cornmeal coating.

Place sliced okra in a bowl with buttermilk to coat. In a shallow dish, whisk together cornmeal, flour, cayenne, garlic powder, salt, and pepper. Drain excess buttermilk from okra, toss in cornmeal mixture until well-coated, and shallow-fry in ½ inch of hot oil (375°F) for 4–5

minutes until crunchy and golden brown. Drain on paper towels.

5.Sauce Wings and Assemble Platter:Serve hot with dipping sauces.

Toss the crisp wings in warm Buffalo or BBQ sauce. Arrange wings, warm stuffed mushrooms, and crispy fried okra on a large platter served alongside ranch or remoulade sauce.

- **Baking Powder Secret:** Aluminum-free baking powder draws out moisture from the chicken skin and alters its pH level, creating thousands of tiny bubbles that expand and crisp up in high heat.
- **Managing Okra Slime:** Soaking sliced okra in cold buttermilk for 10 minutes prior to dredging coats the natural mucilage and binds the cornmeal tightly to the vegetable, producing a super crisp exterior.
- **Make-Ahead Prep:** You can stuff the mushroom caps up to 24 hours in advance and keep them covered in the refrigerator. Bake them right before serving for zero stress.

Nutritional Information

Servings: 8 | Portion Size: 3 Wings, 2 Mushrooms, ½ cup Fried Okra (approx. 220g total)

Metric	Amount Per Serving
Calories	455 kcal
Total Fat	27g
└ Saturated Fat	9g
└ Trans Fat	0.1g
Cholesterol	95mg
Sodium	760mg
Total Carbohydrates	28g

Metric	Amount Per Serving
└ <i>Dietary Fiber</i>	3.5g
└ <i>Total Sugars</i>	3.5g
Protein	24g
Vitamin D	0.5mcg
Calcium	140mg
Iron	2.4mg
Potassium	420mg