

Helergon Kitchen

Extra Crispy Baked Chicken Wings

15 min Prep time	**45 min** Cook time	**1 h** Total time
24 Servings	**Medium** Difficulty	**American** Cuisine

Ingredients

Wing Coating

- [ ] 2 lbs chicken wings
- [ ] 2 tsp baking powder
- [ ] 1 tsp sea salt
- [ ] 1 tsp black pepper
- [ ] 1 tsp garlic powder
- [ ] 1 tsp smoked paprika
- [ ] 1 tsp onion powder
- [ ] ½ tsp cayenne pepper
- [ ] 1 tbsp olive oil (optional for coating)

Buffalo Sauce

- [ ] ½ cup butter, melted (Buffalo sauce)
- [ ] 1/3 cup hot sauce (Buffalo sauce)
- [ ] 1 tsp garlic powder (Buffalo sauce)

Honey Garlic Sauce

- [ ] ¼ cup honey (Honey Garlic sauce)
- [ ] 2 tbsp soy sauce (Honey Garlic sauce)
- [ ] 2 tbsp water (Honey Garlic sauce)
- [ ] 1 tbsp rice vinegar (Honey Garlic sauce)
- [ ] 1 garlic clove, minced (Honey Garlic sauce)
- [ ] 1 tsp grated ginger (Honey Garlic sauce)

Asian Soy Ginger Sauce

- [ ] ¼ cup soy sauce (Asian Soy Ginger sauce)
- [ ] 2 tbsp honey (Asian Soy Ginger sauce)
- [ ] 1 tbsp rice vinegar (Asian Soy Ginger sauce)
- [ ] 1 tbsp sesame oil (Asian Soy Ginger sauce)
- [ ] 2 garlic cloves, minced (Asian Soy Ginger sauce)
- [ ] 1 tsp grated ginger (Asian Soy Ginger sauce)
- [ ] ½ tsp red pepper flakes (Asian Soy Ginger sauce)

Instructions

1. First things first, let's get that oven warming up to 425°F (220°C). I like to line my baking sheet with parchment paper and set a wire rack right on top—it just lets the air move around better, you know?

2. Now, take a moment to pat the chicken wings dry with some paper towels. Honestly, don't skip this; getting rid of that extra moisture is the secret to getting them truly crispy.

3. In a large bowl, whisk together your baking powder, salt, pepper, garlic powder, paprika, onion powder, and cayenne pepper. If you're feeling like it, stir in that tablespoon of olive oil to help everything stick just right.

4. Toss those wings in the spice mixture until every single piece is well coated. Shake off any extra bits and lay them out in a single layer on your wire rack. Just make sure they have a little breathing room between them.

5. Pop them in the oven for 20 minutes, then carefully flip them over. Bake for another 20-25 minutes until the skin is a beautiful, deep golden-brown. I always use a meat thermometer to make sure they've hit 165°F (74°C) inside.

6. Once they're out, let the wings rest on the rack for about 5 minutes. I know it's hard to wait, but it lets the steam escape so the skin stays nice and crisp.

7. While those are resting, whisk together your chosen sauce ingredients in separate bowls. If you're doing the Buffalo, I usually warm it in a small saucepan for a smoother blend, but the others are just fine chilled for dipping.

8. Serve your wings while they're still hot! I love putting them out with some fresh celery sticks, carrot sticks, and a little sprinkle of fresh herbs to make it feel special.

Nutrition per serving

320 kcal	24 g	6 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- Baking powder is the key here—it reacts with the skin to create those tiny bubbles that crisp up.
- Using a wire rack prevents the bottoms from getting soggy.
- Resting the wings is a small step that makes a huge difference in the final crunch.