

Treasure Barrel

Cajun Fried Turkey Wings: Crispy & Flavorful Recipe

20 min Prep time	**25 min** Cook time	**45 min** Total time
4 Servings	**Medium** Difficulty	**Cajun** Cuisine

Ingredients

For the Turkey Wings & Marinade

- [ ] 3 lbs turkey wings, separated into flats and drumettes
- [ ] 2 cups buttermilk
- [ ] 2 tbsp Cajun seasoning
- [ ] 1 tbsp hot sauce (like Crystal or Tabasco)
- [ ] 1 tsp black pepper
- [ ] 1 tsp salt

For the Seasoned Flour Coating

- [ ] 2 cups all-purpose flour
- [ ] 1/2 cup cornstarch
- [ ] 3 tbsp Cajun seasoning
- [ ] 1 tbsp paprika (smoked or sweet)
- [ ] 1 tbsp garlic powder
- [ ] 1 tbsp onion powder
- [ ] 2 tsp black pepper
- [ ] 1 tsp salt
- [ ] Approx. 6-8 cups of neutral oil for frying (like peanut or canola)

Instructions

1. First things first, let's get these wings ready for their flavor bath. In a large bowl, whisk together the buttermilk, 2 tablespoons of Cajun seasoning, hot sauce, salt, and pepper. It should look like a lovely speckled, pale orange mixture. Add your turkey wing pieces to the bowl, making sure each one is fully submerged in that delicious marinade. Cover the bowl tightly with plastic wrap and pop it in the refrigerator for at least 4 hours. Honestly, if you can leave it overnight, the result is even more tender and flavorful. This step is a little act of patience that pays off big time.

2. Once your wings have marinated, it's time to prepare the crispy coating. In a separate large, shallow dish (a pie plate works beautifully), whisk together the all-purpose flour, cornstarch, and all the spices for the coating: the Cajun seasoning, paprika, garlic powder, onion powder, pepper, and salt. Mix it really well so the seasoning is evenly distributed. Take the wings out of the marinade one by one, letting any excess buttermilk drip off, and dredge them generously in the flour mixture. Make sure to press the flour onto the wings to get a nice, thick coat. Place the coated wings on a wire rack and let them rest for about 15 minutes. This helps the coating stick.

3 Now for the fun part! Pour about 2-3 inches of your chosen frying oil into a large, heavy-bottomed pot or Dutch oven. Heat the oil over medium-high heat until it reaches 350°F (175°C). A thermometer is your best friend here for getting it just right. Carefully, using tongs, place a few wings into the hot oil, making sure not to overcrowd the pot. You should hear an immediate, satisfying sizzle. Fry the wings for about 10-12 minutes, turning them over about halfway through, until they are a deep golden brown and cooked through. They should look unbelievably crispy and smell incredible.

4 Once they're perfectly golden and crisp, remove the wings from the oil using your tongs, allowing the excess oil to drip back into the pot for a moment. Transfer them to a clean wire rack to rest. This is crucial for maintaining that crunch. Season them with a tiny pinch of salt or extra Cajun seasoning while they're still hot, if you like. Repeat the frying process in batches with the remaining wings, making sure to let the oil come back up to temperature between each batch. Serve them warm and get ready for the rave reviews. They remind me of flavors I love in everything from jerk chicken to sweet chili chicken.

Nutrition per serving

550 kcal	35 g	18 g	38 g
Calories	Protein	Carbs	Fat

Tips & notes

- Maintaining the oil temperature is key. If it drops too low, the wings will absorb too much oil and become greasy. If it’s too high, the crust will burn before the inside is cooked. Let the oil recover its heat between batches for the best results every time.
- For an extra-craggy, crispy crust, you can do a double dredge. After the first coating of flour, dip the wing *back* into the buttermilk marinade for just a second, and then back into the flour again. It creates lots of little nooks and crannies that get super crunchy.
- These wings are amazing on their own, but they are also incredible with a dipping sauce. A creamy remoulade, a spicy comeback sauce, or even a simple blue cheese or ranch dressing would be a wonderful pairing. For a fresher take, a squeeze of lemon juice brightens everything up beautifully.