

Treasure Barrel

Extra Crispy Baked Chicken Wings

15 min Prep time	**45 min** Cook time	**1 h** Total time
8 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

The Wings & Dry Rub

- [ ] 2 lbs (900 g) chicken wings, split and de-beaded
- [ ] 2 Tbsp baking powder
- [ ] 1 tsp salt
- [ ] 1 tsp freshly ground black pepper
- [ ] 1 tsp garlic powder
- [ ] 1 tsp onion powder
- [ ] 1 tsp smoked paprika
- [ ] ½ tsp cayenne pepper (optional for heat)

Buffalo Sauce

- [ ] 1/2 cup Frank's RedHot sauce (for buffalo sauce)
- [ ] 2 Tbsp unsalted butter, melted (for buffalo sauce)

Honey-Garlic Glaze

- [ ] ¼ cup honey (for honey-garlic glaze)
- [ ] 2 Tbsp soy sauce (for honey-garlic glaze)
- [ ] 1 tsp minced fresh garlic (for honey-garlic glaze)

Sweet Chili Sauce

- [ ] ¼ cup sweet chili sauce (for sweet chili sauce)
- [ ] 1 Tbsp lime juice (for sweet chili sauce)

For Serving

- [ ] Fresh parsley, chopped, for garnish
- [ ] Celery sticks and ranch or blue cheese dressing, for serving

Instructions

1. First things first, let's get that oven preheating to 425°F (220°C). I like to line a large baking sheet with aluminum foil and then set a wire rack right on top. It just lets the air move all around the wings, so they don't get soggy on the bottom.
2. Now, take a few paper towels and pat those chicken wings dry. Honestly, don't skip this part—it's the real secret to getting that ultimate crispness we're after.
3. In a large mixing bowl, whisk together your baking powder, salt, pepper, garlic powder, onion powder, smoked paprika, and that little bit of cayenne pepper if you're feeling spicy. Just stir it until it's all evenly mixed.
4. Toss the wings into the bowl gently. I just coat them until every piece has a light, airy dusting of the rub. If it looks too heavy, just give the bowl a little shake to remove the excess.
5. Arrange the wings in a single layer on your wire rack. Bake them for 35–40 minutes, but make sure to flip them halfway through. You're looking for that gorgeous golden brown skin and an internal temperature of 165°F (74°C).

6. While the oven is doing its thing, let's whip up the sauces. For buffalo, whisk the Frank's RedHot and melted butter. For honey-garlic, combine the honey, soy sauce, and minced garlic. And for the sweet chili, just mix that with a splash of lime juice.

7. Once they're done, pull them out and let them rest on the rack for about 5 minutes. It helps the skin firm up and keeps the meat succulent.

8. Transfer the wings to a bowl and pick your favorite sauce. Toss them gently until they're coated, or if you prefer, just keep the sauces on the side for dipping.

9. Plate them up on a big platter, sprinkle some fresh parsley on top, and set out those celery sticks with ranch or blue cheese. It's so lovely served family-style.

10. Serve them immediately while they're still hot and crunchy. Wow, there's nothing like that first bite!

Nutrition per serving

380 kcal	28 g	12 g	24 g
Calories	Protein	Carbs	Fat

Tips & notes

- Baking powder creates a chemical reaction that helps the skin crisp up like it's been fried.
- The wire rack is essential for 360-degree heat circulation.
- Resting the meat prevents the juices from running out, keeping the wing tender.