

Crispy Oven-Baked Chicken Wings

Contributor: Christine Pittman

Toss out that deep fryer, just like last year's jeans. We've got the solution to crispy chicken wings without the hassle of deep frying. These ones are baked but use a secret technique to make them extra crisp.

Listen to our editor, Christine Pittman, explain briefly about how to make these wings, with some great tips along the way, by clicking the play button below:

[sc name="crispywingsrotd"][/sc]



4.7 from 59 reviews

- Author: Lyndsay Burginger
- Prep Time: 5 minutes
- Cook Time: 1 hour 20 minutes
- Total Time: 1 hour 25 minutes
- Yield: 20 wings
- Category: Entrée
- Method: Baked
- Cuisine: American

Ingredients

- 10 whole chicken wings, cut into flats and drumettes ([here's how to do it](#)). Discard tips or use for a stock. That leaves you with 20 wing pieces total
- 1 Tbsp. **aluminum-free*** baking powder (NOT baking soda)
- ½ tsp. salt
- Sauce or dry rub

Instructions

1. Preheat oven to 250°F.
2. Line a cookie sheet with aluminum foil. Place a oven-safe rack on top of cookie sheet.
3. In a large bowl, use your hands to toss the flats and drumettes with the baking powder and salt until chicken is evenly coated. But do not add extra baking powder. Just mix them so they all have some.
4. Place wings on the rack in single layer. Transfer rack and cookie sheet to oven and cook for 30 minutes. This baking at a low temperature dries the wings out and allows the baking powder to penetrate.

5. After 30 minutes, leave the wings in the oven but raise the heat to 425°F. Continue to cook until brown and crispy, 40-50 minutes.
6. Take wings out and let rest 5 minutes. Toss in [a delicious sauce like this one](#) and serve.

Notes

As stated at the top of this article and in the comments below, some baking powders contain aluminum and some people (maybe 10%) can really taste it and it tastes bitter to them. To make sure that your wings do not taste bitter, please use an aluminum-free baking powder such as [Rumford brand](#). And as noted everywhere, please make sure you're using baking powder and NOT baking soda. And please make sure that you're just using a little bit of baking powder, like the 1 tablespoon called for. You are not trying to create a breading or coating for the wings. You are just putting a little bit because that little bit changes the ph of the wings which is what makes them crisp up so well. Who knew there was so much to say about baking powder??? lol Adapted from [Cook's Country](#). The science behind it all can be found [here on Serious Eats](#).

nutrition facts

Serves 4

Serving Size: 5 wings

Calories Per Serving: 195

% DAILY VALUE					
Total Fat 6.2g	8%	Cholesterol 82.7mg	28%	Sodium 833.8mg	36%
Total Carbohydrate 1g		0%			
Sugars 0g		Protein 31.9g	64%	Vitamin A 29.8µg	3%
				Vitamin C 1.7mg	2%

Find it online: <https://thecookful.com/bake-chicken-wings-crispy/>