

Buffalo Chicken Wings

Prep time: 15 minutes

Cook time: 40–45 minutes (oven) / 22–25 minutes (air fryer)

Total time: 55–60 minutes (oven) / 37–40 minutes (air fryer)

Servings: 4

Yield: ~1 kg wings (about 12–14 pieces)

Ingredients

- 1 kg chicken wings, split with tips removed
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- 2 tablespoons cornstarch

Buffalo Sauce

- 4 tablespoons butter
- 1/2 cup hot sauce (Frank's-style recommended)
- 1 tablespoon vinegar
- 1 teaspoon honey (optional)

Instructions

1. Pat the wings dry with paper towels (dry wings = crisp wings).
2. In a bowl, toss wings with salt, pepper, garlic powder, paprika, and cornstarch until evenly coated.
3. **Oven:** Spread wings in a single layer on a wire rack over a baking sheet and bake at 220°C (425°F) for 40–45 minutes, flipping once halfway, until skin is golden and crisp.
Air fryer: Arrange wings in a single layer and cook at 200°C (390°F) for 22–25 minutes, shaking the basket once.
4. While wings cook, melt butter in a small saucepan over low heat. Whisk in hot sauce, vinegar, and honey until smooth. Taste and adjust heat or sweetness.
5. Toss hot wings in the sauce until fully coated. Serve immediately with celery sticks and ranch or blue-cheese dip.

Tips

- Make sure wings are as dry as possible before seasoning.
- Cornstarch gives a light, crispy exterior without deep-frying.
- For extra heat, add 1/4–1/2 teaspoon cayenne to the sauce.
- If baking, use a wire rack so air circulates for even crisping.

Variations

- **Garlic Buffalo:** stir 1 clove minced garlic into the warm sauce.
- **Honey Buffalo:** increase honey to 2 teaspoons for a sweet-spicy glaze.
- **Extra Crispy:** broil 1–2 minutes at the end, watching closely.

Nutrition (per serving)

- Calories: ~320
- Protein: ~25 g
- Fat: ~20 g
- Carbs: ~6 g
- Fiber: 0 g
- Sodium: moderate–high (depends on hot sauce)