

BBQ Chicken Wings: Crispy Oven-Baked Poultry

Baking powder and a wire rack create a crackling golden skin



PREP
15 min

COOK
45 min

TOTAL
2 hr

SERVES
4 servings

CALORIES
250 kcal

Ingredients

- 2 lb chicken wings, 20–26 pieces
- 1 tbsp baking powder, unsweetened, alkaline
- 1 tsp sea salt
- 1/2 tsp freshly ground black pepper
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1 cup store-bought BBQ sauce, your favourite brand
- 1 tbsp olive oil, optional for extra crispness
- fresh chives or green onions, chopped, for garnish

Instructions

1. Prepare the oven: Preheat your oven to 232 °C (450 °F). Line a baking sheet with parchment paper or foil and place a wire rack on top. This ensures air circulates under the meat for an even crisp.
2. Dry the wings: Pat the chicken wings dry with paper towels. You must remove all surface moisture because moisture is the enemy of crispness.
3. Coat the chicken: Whisk the baking powder, salt, pepper, garlic powder and onion powder in a small bowl. Toss the wings in this mixture until every piece is lightly dusted.
4. Chill for texture: Place the coated wings in a single layer inside a zip-lock bag. Refrigerate them uncovered for 1–2 hours to let surface molecules dry out, which gives the skin a wonderful crackle.
5. Bake the wings: Arrange the wings on the wire rack without touching. Bake for 20 minutes with the oven door closed until the skin turns golden.

6. Brown and finish: Flip the wings with tongs and brush on olive oil if using. Bake for another 20 minutes until the internal temperature reaches 75 °C (165 °F) and the skin is a deep, caramel-brown.
7. Glaze and caramelize: Toss the cooked wings in a bowl with BBQ sauce until fully coated. Return them to the oven for 5 minutes to caramelize the glaze, then garnish with chopped chives or green onions.

Notes

What to serve with it Pair these wings with chilled celery sticks and a creamy ranch or blue-cheese dip for a classic combination. You may also serve them with coleslaw, potato salad, and warm cornbread for a hearty meal. For a bright finish, plate the wings in a shallow tray with lemon wedges and fresh herbs.

Storing and reheating Keep cooked wings covered at room temperature for no more than 2 hours to avoid food-borne illness. For longer storage, wrap them tightly in foil or a freezer bag and freeze for up to 3 days. Reheat in a 177 °C (350 °F) oven for 15-20 minutes until hot.