

Honey Soy Chicken Wings: Crispy Asian Appetiser

Golden skin and a sticky glaze for a savoury, aromatic finish



PREP
30 min

COOK
1 hr

TOTAL
1 hr 35 min

SERVES
4 servings

CALORIES
420 kcal

Ingredients

- 3 pounds chicken wings, about 24 pieces
- 1 tsp baking powder, fat-free
- 1/4 tsp salt
- 1/4 tsp black pepper
- 4 tbsp honey
- 4 tbsp light soy sauce
- 2 tbsp dark soy sauce, optional
- 3 cloves garlic, minced
- 1 tbsp fresh ginger, grated
- 2 tbsp apple-cider vinegar, optional
- 1 tsp sesame oil
- 2 tbsp water
- 1 tsp toasted sesame seeds
- 2 tbsp green onions, sliced

Instructions

1. Prepare the oven: Preheat your oven to 200°C (400°F). Line a baking sheet with parchment paper and place a wire rack on top. You do this to ensure heat circulates around the wings for a crisper finish.
2. Dry and coat wings: Pat the wings dry with paper towels. Toss them in baking powder, salt, and pepper. Removing excess moisture creates a crackling skin through the baking powder reaction.

3. First bake: Arrange wings in a single layer on the rack. Bake for 30 minutes, turning once. The skin should be golden and the meat cooked through.
4. Simmer the glaze: Whisk honey, both soy sauces, garlic, ginger, vinegar, sesame oil, and water in a saucepan. Simmer over medium heat for 5 minutes. Stir until the sauce thickens slightly for a better cling.
5. Apply the glaze: At 25 minutes of baking, remove the wings and discard the first burst of juices. Brush the wings generously with the glaze. This concentrates the flavour for a richer coating.
6. Final caramelisation: Lower the oven to 190°C (375°F) and bake for 30 minutes. Baste every 10 minutes with reserved glaze. This locks in moisture and forms a glossy, caramelised crust.
7. Finish and garnish: Let the wings rest for 5 minutes. Check that the thickest part has reached 74°C (165°F). Sprinkle with sesame seeds and green onions for a fresh pop of flavour.

Notes

Baking powder substitutes Use cornflour if baking powder is unavailable. Baking powder raises the pH of the skin to accelerate browning and crisping. Cornflour also absorbs moisture but produces a thinner, more delicate crunch. Do not omit a drying agent entirely or the wings will steam rather than roast in the oven.

What to serve with it Plate the wings on a platter with thin cucumber ribbons and pickled daikon. Serve with a bowl of yogurt or tahini dip to provide a refreshing contrast to the rich glaze. For a heavier meal, pair them with steamed jasmine rice and extra sauce for dipping.

Storing and reheating Keep wings in a sealed container at room temperature for up to 2 days in a cool area. For longer storage, freeze in an airtight container for 2 months. Thaw in the refrigerator for 8-12 hours, then reheat at 190°C (375°F) for 10 minutes.