

Lemon Pepper Chicken Wings: Zesty American Appetiser

Tossed in a tangy butter glaze for a crisp and savoury finish



PREP
10 min

COOK
40 min

TOTAL
50 min

SERVES
4 people

CALORIES
480 kcal

Ingredients

- 4 lbs chicken wings, about 20 pieces
- 2 tbsp olive oil
- 1 tsp baking powder
- Salt, to taste
- 3 tbsp unsalted butter, melted
- 1 tbsp lemon zest, from one lemon
- 2 tbsp fresh lemon juice
- 1 tbsp honey
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp smoked paprika
- 1 tsp lemon pepper seasoning
- 1/2 tsp cayenne pepper, optional
- Fresh parsley, chopped

Instructions

1. Prepare the oven: Preheat your oven to 200°C (400°F). Line a rimmed baking sheet with parchment paper and place a wire rack on top. This rack allows air to circulate under the meat for an even roast.
2. Dry the chicken: Pat the chicken wings dry with paper towels. You must remove all surface moisture to ensure the skin crisps up rather than steaming.

3. Coat the wings: Toss the wings in a large bowl with olive oil, salt, and baking powder. Arrange them in a single layer on the wire rack so they do not crowd each other.
4. Roast the wings: Bake for 35 minutes, flipping the wings at the 17 minute mark. Ensure the skin is golden and the internal temperature reaches 74°C (165°F) for safety.
5. Simmer the glaze: Melt the butter in a small saucepan over medium heat. Stir in the lemon zest, lemon juice, honey, and spices for 2 minutes until fragrant. Whisk in an extra tablespoon of lemon juice at the end to keep the flavour bright.
6. Set the glaze: Toss the hot wings in the glaze until fully coated. Return them to the oven for 3 minutes to let the sauce thicken and adhere to the skin.
7. Garnish and serve: Remove the wings from the oven. Sprinkle with chopped parsley and serve immediately while they are warm.

Notes

What goes wrong and whySoggy skin occurs when moisture remains on the surface of the chicken. You will see the wings steaming rather than browning in the oven. Pat the wings dry with paper towels to remove surface water. This allows the heat to sear the skin for a crisp finish.

What to serve with itPair these wings with blue cheese or ranch dip and fresh celery or carrot sticks. For a more substantial meal, lay the wings over crisp romaine lettuce. Drizzle the salad with a lemon-olive oil vinaigrette to provide a refreshing contrast to the rich butter glaze.

Storing and reheatingKeep leftovers in the refrigerator or at room temperature for only 2 hours. You may freeze them in an airtight container for 3 months. Thaw the wings overnight in the refrigerator before reheating to ensure the internal temperature reaches 74°C (165°F) without drying the meat.