Oven Baked Drumsticks: Halal Chicken

A dry coating of flour and baking powder creates a golden crust



PREP	COOK	TOTAL	SERVES	CALORIES
15 min	45 min	1 hr	4 servings	580 kcal

Ingredients

- 2.4 kg chicken drumsticks, about 8 pieces
- 30 ml olive oil
- 5 g kosher salt
- 2 g freshly ground black pepper
- 5 g garlic powder
- 3 g onion powder
- 3 g smoked paprika
- 1 g cayenne pepper, optional
- 80 g plain flour
- 2 g baking powder
- fresh herbs, for garnish, optional

Instructions

1. Prepare the oven: Pre-heat your oven to 200°C (400°F). Place a wire rack on a baking sheet to ensure air circulates around the chicken, which prevents the bottom from becoming soggy.
2. Mix the spices: Whisk together the olive oil, salt, pepper, garlic powder, onion powder, smoked paprika and cayenne pepper in a large bowl. Blend until the mixture is smooth and combined.
3. Coat the chicken: Toss the drumsticks in the spice mixture until each piece is evenly coated. Let them sit for 5 minutes so the flavours penetrate the meat deeply.
4. Prepare the dredging: Whisk the plain flour and baking powder in a shallow dish. This dry mix creates a chemical reaction that produces a crispier skin during roasting.

5. Bread the drumsticks: Coat the oiled drumsticks in the flour mixture and shake off any excess. Arrange them on the wire rack skin side up without touching to avoid steaming.
6. Bake the chicken: Bake for 20 minutes at 200°C (400°F). Flip the pieces and bake for another 25 minutes at 220°C (430°F) until the internal temperature reaches 71°C (160°F).
7. Final crisping: For a crispier finish, lay the chicken on aluminium foil. Bake at 229°C (450°F) for 5 minutes until the skin is golden brown.
8. Rest and serve: Let the chicken rest for 5 minutes to allow the juices to redistribute. Garnish with fresh herbs or lime and serve immediately.

Notes

What to serve with itPair these drumsticks with roasted sweet potatoes and a citrus-mint yoghurt dip for a Mediterranean style. A couscous salad with lemon zest, parsley, and toasted almonds provides a hearty side. For a lighter balance to the rich flavours, serve a side of steamed green beans or broccoli.

Storing and reheatingKeep cooked chicken in the fridge for 2 to 4 days. Do not leave it at room temperature for more than 2 hours. For longer storage, use an airtight container or zip-lock bag in the freezer for up to 3 months. Defrost in the fridge overnight before reheating.