



Crispy Baked Buffalo Wings

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Perfectly crispy baked chicken wings smothered in easy homemade Buffalo sauce. So simple to make - they'll be a total hit for any party table!

Course Appetizer, Party Food **Cuisine** American

Keyword Celebration, Game Day, how to make buffalo chicken wings, Party Food

Prep Time 10 minutes **Cook Time** 1 hour 30 minutes **Total Time** 1 hour 40 minutes

Servings 40 wings

Author [Nicky Corbishley](#)

Ingredients

Crispy Chicken Wings:

- 2.2 lbs (1 kg) chicken wings
- 2 level tbsp aluminium-free baking powder (It has to be baking powder NOT baking soda - see further notes on baking powder below)
- ½ tsp salt make sure it's regular table salt
- ½ tsp pepper

Buffalo Wings Sauce:

- 2/3 cup (150ml) Frank's hot sauce
- ½ cup (120g) unsalted butter
- 1 tbsp cider vinegar
- 1 tsp [Worcestershire sauce](#)
- 2 cloves garlic peeled and minced
- 1 tbsp [honey](#)
- ¼ tsp salt

Blue cheese sauce

- 1/2 cup (120g) sour cream
- 3 tbsp mayo
- 1/3 cup (75g) soft blue cheese (use Roquefort, or you can use Saint Agur blue crème for a milder taste)
- 1/2 tbsp cider vinegar
- 1/2 tsp [Worcestershire sauce](#)
- a pinch of dried parsley

To Serve:

- 2 medium carrots peeled and cut into 2-inch (5cpieces)
- 2 sticks celery cut into 2-inch (5cpieces)

Instructions

1. Preheat the oven to 120C/250F and place a rack on a large baking tray.
2. Cut each wing at the joint so you have a mini wing and a drumette. Dry the wings with paper towels, then place in a large bowl and add the baking powder, salt and pepper. Toss to combine. Note - it's important to

- dry the wings first so they only get a light coating. Discard any remaining coating once tossed together.
3. Place in a single layer on the rack, skin side up. It's fine for them to be touching. Place on the lower shelf of the oven for 30 minutes.
 4. After 30 minutes, turn the oven up to 220C/425F and rotate the tray for even cooking. Cook for a further 45-50 minutes until the wings are lightly golden and crispy. Take out of the oven to cool slightly.
 5. To make the Buffalo sauce, place the hot sauce, butter, vinegar, Worcestershire sauce, garlic, honey and salt in a pan. Place over a medium-high heat and bring to a gentle simmer whilst stirring. Turn off the heat.
 6. Mix the blue cheese sauce ingredients together in a bowl until smooth.
 7. Toss the Buffalo sauce with the wings and serve with the blue cheese sauce, carrots and celery.

Notes

Note on baking powder:

I get lots of messages on my other [crispy wings recipe](#) on how delicious the wings are, but also the occasional message that the wings tastes bitter - despite assurances the recipe was followed to the letter and **baking POWDER** not baking soda was used. After doing a little research, it seems that some people can be sensitive to the taste of sodium *aluminum sulfate* - which can be an ingredient in some baking powders. People who are **sensitive to it notice a bitter taste**. If you are sensitive to it, you may have noticed certain cakes taste bitter. However, cakes contain a lot less baking powder than this recipe, so **you may not have noticed it before and still be sensitive to it**.

My tips would be to:

- Thoroughly dry the wings before dusting with the baking powder - so they only get a **light coating**.
- **Measure** the amount of baking powder used exactly, **and discard** any excess left after tossing together with the wings.
- Use **aluminium-free** baking powder - make sure it has no *aluminum sulfate* in it.

Can I make Buffalo wings ahead?

I prefer these wings fresh out of the oven, but you can make the wings ahead - without the sauce- then cool, cover and refrigerate for up to a day. Reheat them on a wire rack over a tray for about 5-6 minutes at 200C/400F until they're crisp again.

You can also mix the Buffalo sauce ingredients together, then cover and refrigerate (uncooked). Pour into a pan and boil as per instructions before serving.

The blue cheese sauce can also be made ahead, covered and refrigerated for up to a day. Give the dip a stir before serving, as the Worcestershire sauce may separate upon refrigeration.

How do I make boneless Buffalo wings instead?

Use my Crispy Buttermilk [Chicken tenders](#) recipe for the base recipe, then make the Buffalo sauce as per the recipe in this recipe card.

If you prefer oven baked - use my [Oven-Baked Chicken Tenders](#) for the base recipe, then make the Buffalo sauce as per the recipe in this recipe card.

Nutritional information is per wing (approx 40 wings in this recipe), with a small serving (i.e a 1/40th serving) of blue cheese dip.

Nutritional Information

Calories: 72kcal | Carbohydrates: 1g | Protein: 3g | Fat: 6g | Saturated Fat: 3g | Cholesterol: 19mg | Sodium: 191mg | Potassium: 110mg | Fiber: 1g | Sugar: 1g | Vitamin A: 642IU | Vitamin C: 3mg | Calcium: 40mg | Iron: 1mg

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