



Air Fry Wings at Home

Recipe by Danielle Kartes of Rustic Joyful Food

Serves 4-6

Prep Time: 30 minutes

Cook Time: 30-35 minutes (air fryer) or 45-60 minutes (oven)

Ingredients

4-5 pounds chicken wings, thawed and drained
2 tablespoons olive oil
1 teaspoon paprika
1 teaspoon garlic powder
1 teaspoon onion powder
1 1/2 teaspoons kosher salt, plus more to taste
Black pepper to taste

Blue Cheese Dressing

1/4 cup crumbled blue cheese
Salt and pepper to taste
Milk, needed for thinning

Traditional Buffalo Sauce

1/2 cup buffalo-style hot sauce
1/2 cup melted butter

Spicy Soy & Sesame Sauce

1/2 cup soy sauce
2 tablespoons brown sugar
1 tablespoon sambal chili paste or sriracha
1 teaspoon sesame seeds
1-2 teaspoons rice vinegar
1 teaspoon toasted sesame oil

Instructions

- Preheat the Oven to 450 degrees F. using Air Fry Function
- Pat the chicken wings dry and place them in a large mixing bowl.
- Add olive oil, paprika, garlic powder, onion powder, kosher salt, and black pepper. Toss thoroughly to coat.
- Let the wings rest for 10-15 minutes to absorb the seasoning.
- For oven wings, arrange the wings on a lined baking sheet in a single layer.
- Bake 25-30 minutes, flip, and continue baking 10-20 minutes more until crisp.
- Prepare the Buffalo sauce by heating melted butter and hot sauce together until bubbling.
- Prepare the spicy soy sesame sauce by whisking together all ingredients until smooth.
- Divide the cooked wings into two portions and toss each with one of the sauces.
- Mix together all blue cheese dressing ingredients until creamy. Thin with milk if needed.
- Serve immediately with celery and extra dressing on the side.

Substitutions & Variations

- Use avocado oil instead of olive oil for a higher smoke point
- Swap Greek yogurt for sour cream in the blue cheese dressing for a tangier, lighter option.
- Add cayenne pepper or crushed red pepper flakes to the seasoning mix for extra heat
- Try smoked paprika instead of regular paprika for a deeper barbecue-style flavor.

Tools Needed

Large mixing bowl
Air fryer or standard oven
Baking sheet
Parchment paper or foil
Tongs
Saucepan
Measuring cups and spoons