

## Baked Chicken Wings

Recipe by: Chef Jonathan Poyourow, RD, LD  
Yield: 4 servings

### Ingredients:

For the buffalo sauce:

1 tablespoon unsalted butter, melted  
 $\frac{1}{4}$  teaspoon cayenne pepper  
 $\frac{1}{4}$  teaspoon freshly ground black pepper  
 $\frac{1}{4}$  teaspoon kosher salt  
 $\frac{1}{4}$  cup hot pepper sauce

For the ginger-soy glaze:

$\frac{1}{4}$  cup honey  
2 tablespoons soy sauce  
1 tablespoons chili sambal  
3 large garlic cloves, crushed  
1 2-inch-by-1-inch piece of ginger, peeled,  
sliced  
 $\frac{1}{4}$  cup water

For the wings:

5 pounds chicken wings and legs  
2 tablespoons vegetable oil  
1 tablespoon kosher salt  
 $\frac{1}{2}$  teaspoon freshly ground black pepper



### Method of Preparation:

For the buffalo sauce:

1. Mix first four ingredients in a medium bowl; let stand for five minutes. Whisk in hot sauce; keep warm. DO AHEAD: Can be made one week ahead. Let cool completely; cover and chill. When ready to use, allow to get to room temperature or loosen before using.

For the ginger-soy glaze:

1. Bring all ingredients and  $\frac{1}{4}$  cup water to a boil in a small saucepan, stirring to dissolve honey. Reduce heat to low; simmer, stirring occasionally, until reduced to  $\frac{1}{4}$  cup, 7–8 minutes. Strain into a medium bowl. Let sit for 15 minutes to thicken slightly. DO AHEAD: Can be made 5 days ahead. Cover; chill. Rewarm before using.

For the wings:

1. Preheat oven to 400 degrees. Set a wire rack inside each of 2 large rimmed baking sheets. Place all ingredients in a large bowl; toss to coat. Divide wings between prepared racks. Bake wings until cooked through and skin is crispy, 45–50 minutes.
2. Line another rimmed baking sheet with foil; top with a wire rack. Add half of wings to ginger-soy glaze and toss to evenly coat. Place wings in a single layer on prepared rack and bake until glaze is glossy and lightly caramelized, 8–10 minutes

3. Toss remaining half of wings in Buffalo sauce. Serve immediately (no need to bake).

**Nutritional Analysis:**

For the buffalo wings:

Calories: 279  
Carbohydrates: 0  
Sodium: 564 mg  
Protein: 19 g  
Fat: 22 g  
Fiber: 0

For the ginger-soy wings

Calories: 301  
Carbohydrates: 8 g  
Sodium: 687 mg  
Protein: 20 g  
Fat: 21 g  
Fiber: 0