

BREADED CHICKEN WINGS

F EASY

Last Modified: 02/15/2023

PREP: 45 Min
COOK: 20 Min
AIR FRYER: 400

AIR FRYER

MAKES 2 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
16	Naked	Chicken Wings (Flats & Drummettes)	Thawed
1	Cup	Cornstarch	Thawed

WING DRY COATING

2	Cups	All Purpose Flour	
1	Cup	Corn Starch	
1	Tsp	Sea Salt	

EGG WASH

4	Large	Eggs (No Visible White Streaks)	Beaten
1/2	Cup	Heavy Cream	
1	Tsp	Cayenne Pepper	To Taste
1 +/-	Pinches	Sea Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste

PREPARATION

FACTOID	Still frozen Naked Wings do NOT lend themselves well to being Breaded (most of it WILL fall off as frosty moisture evaporates), however, packaged Wings that are already Breaded and then frozen are OK (add 2 minutes to the total cooking time). Use ONLY freshly thawed, patted dry Naked Wings for do-it-yourself Breading.
CAUTION	The Breading Mix MUST contain 2 parts of Flour to 1 part of Corn Starch in order to achieve those REALLY crisp, crunchy Chicken Wing Breading.
TOOLS	<ol style="list-style-type: none"> 1) Spritzer Bottle With Any Oil You Like Inside (I prefer Olive Oil). 2) Pie Tin 3) Large Mixing Bowl 4) Aluminum Half Sheet Pan & a Wire Rack 5) Brown Paper Sack 6) Tongs
PREP	Pat the Wings dry with paper towels and set them aside. Prepare a wax paper lined sheet pan with a wire drying rack in the bottom.
1	Add the first cup of Cornstarch into a pie tin. Roll each Wing in the Cornstarch until the entire wing is coated.
2	In a large mixing bowl, thoroughly mix together the Eggs, Cream, Cayenne Pepper, Salt and Pepper.
3	In a brown paper sack, add in the Flour, a second cup of Corn Starch and a large pinch of Salt. Fold over the top and shake it to mix well.
4	Take 4 to 6 Wings and stir them into the Egg Dredge until well covered. Drop the dredged Wing Sections in the paper bag, fold over the top and shake well to coat them evenly with the Flour Mixture.

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5	Set the Flour Mix coated Wing Sections on the drying rack for 20 minutes to allow the Flour to be completely wetted through by the Egg Dredge so it sticks to the Wings and does not fall off in the air fryer. Repeat until all of the Wings are Breaded.
NOTE	Spritzing Air Fried foods with Oil before frying them adds VERY few calories, but imparts both a tremendous amount of flavor and a golden brown color.
6	Lightly spray the Basket with Pam Cooking Oil Spray.
7	Lightly spritz the top of each breaded Wing with Oil. Place the Wings (Spritzed side down) in the fryer basket. Lightly spritz the bottoms of each breaded Wing with Oil.
8	Set the Air Fryer temperature to 400 degrees and pre-heat for 5 minutes.
9	Insert the basket and Air Fry for 20 minutes.
10	Turn the Wings over and Air Fry for another 20 minutes.
11	Test the largest Drummette for 165 Degrees F.
12	If the Wing Breading is unflavored, you can optionally add either Wing Dry Coating Spices into the Breading Mix before coating and / or toss the Wings in a Wet Wing Sauce after air frying.
SERVE	Arrange the Wings attractively on a serving Platter, Generously top with any Garnish(es) you like and serve while very hot along with plenty of napkins.