

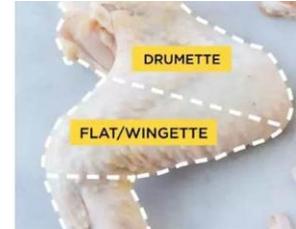
Air Fryer Chicken Wing Reference

SECTION 1 – Japanese Wing Cuts

手羽元 (てばもと) – Drumette

Description: Thick upper section, one main bone, mini drumstick shape.

Best Air Fryer Use: Juicy interior, slightly longer cook time.



手羽中 (てばなか) – Wing Mid / Flat

Description: Flat middle section with two thin parallel bones.

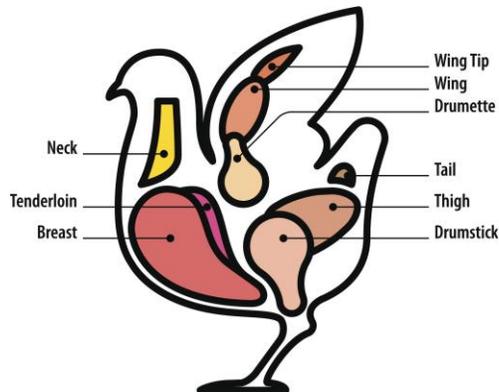
Best Air Fryer Use: Maximum crisping, cooks slightly faster.



手羽先 (てばさき) – Whole Wing (includes tip)

Description: Drumette + flat + tip attached.

Air Fryer Note: Trim and remove tip before cooking.



SECTION 2 – Breaking Down 手羽先

1. Lay wing skin-side down and locate two joints.
2. Bend joint backward to expose cartilage.
3. Cut through first joint to separate 手羽元.
4. Cut through second joint to remove tip.
5. Freeze tips for stock.

SECTION 3 – Air Fryer Timing Chart (190°C baseline)

Cut	Temp	Stage 1	Stage 2	Total Time
手羽中	190°C	12 min	6 min	18–20 min
手羽元	190°C	12 min	8–10 min	20–22 min
手羽先 (trimmed)	185°C	14 min	8–10 min	22–24 min

SECTION 4 – Liner Guidance for Wings

Do NOT use liner when cooking wings.

Wings render fat; airflow underneath is required for crisping.

If smoke occurs, add 2–3 T water to bottom drawer under basket.

