

Crispy Chicken Drumsticks 手羽元 (カリカリ仕上げ)

Serves: 2

Air Fryer: 180°C → 200°C

Total time: ~25–35 minutes

Ingredients

- 450 g chicken drumsticks (手羽元)

Seasoning:

- 1 tsp paprika
 - ½ tsp salt + pinch MSG (塩+MSG)
 - ½ tsp dried oregano
 - ½ tsp garlic powder
 - ½ tsp onion powder
 - ¼ tsp brown sugar (砂糖)
 - ¼ tsp black pepper
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- ½ T / 7 g olive oil (オリーブオイル)



Instructions

1. Pat **drumsticks** completely dry.
2. Toss lightly with **olive oil**, then coat evenly with **seasoning**.
3. Optional: refrigerate uncovered 30–60 minutes to dry skin.
4. **Preheat** air fryer to **180°C (3–4 minutes)**.
5. Arrange drumsticks in a single layer with space between.
6. Cook **15 minutes** at **180°C**.
7. **Increase** to **200°C** and cook **8–10 minutes** until skin is crisp.
8. Target internal temperature: 78–82°C.
9. **Rest 5 minutes** before serving.

Notes

- No flipping needed unless overcrowded.
- Dry skin is critical for crisping.
- Two-stage cooking improves texture.
- Avoid excess sugar to prevent burning.

Reheating

- 180°C for 5–7 minutes
- Optional: finish 1–2 minutes at 200°C for crisping

Nutrition (approx)

Per serving: Kcal: 440 | Protein: 35 g | Fat: 28 g | Carbs: 4 g | Sodium: 550 mg