

Air Fryer Sticky Barbecue Chicken Wings

エアフライヤー・スティッキーBBQ チキン
ウィング

Serves 2 (approximately 8 wings, 4 per person)

Ingredients

Chicken

- 8 chicken wings (approximately 450–500 g) 手羽先
- ½ T (7 g) canola oil キャノーラ油
- ¼ tsp black pepper 黒こしょう
- ½ tsp garlic powder ガーリックパウダー
- ½ tsp smoked paprika スモークパプリカ
- 2 tsp potato starch (片栗粉) 片栗粉



Reduced-Sodium Sticky Barbecue Sauce

- 3 T ketchup ケチャップ
- 1½ tsp Big Tree Organic Coco Aminos Marinade & Sauce ココアミノ
- 1 tsp apple cider vinegar りんご酢
- 1 tsp honey はちみつ
- 1 tsp Dijon mustard デイジョンマスタード
- ¼ tsp smoked paprika スモークパプリカ
- Pinch garlic powder ガーリックパウダー
- Pinch onion powder (optional) オニオンパウダー
- 1–2 T water 水
- Optional: ¼ tsp Worcestershire sauce ウスターソース
- Optional: Pinch shiitake powder or mushroom seasoning for extra umami
しいたけパウダー

Garnish (Optional)

- Sliced scallions 青ねぎ
- Toasted sesame seeds 白ごま
- Finely chopped parsley パセリ
- Finely grated lime zest (recommended) ライムの皮

Instructions

1. Pat the **chicken wings** very dry with paper towels. This is the single most important step for obtaining crisp skin.
2. In a large bowl, toss the wings with the **canola oil**, **black pepper**, **garlic powder**, **smoked paprika**, and **potato starch** until evenly coated. Allow the wings to **stand for 10–15 minutes** while the air fryer preheats.
3. Preheat the air fryer to **200°C** for approximately **3 minutes**.
4. Arrange the wings in a single layer in the air fryer basket. Leave a little space between each wing so the hot air can circulate freely. Air fry at **200°C** for **12 minutes**. Turn the wings over using tongs.
5. Continue cooking at **200°C** for another **10–12 minutes**, or until the skin is deeply golden, crisp, and the internal temperature reaches **75–80°C**. If the wings are particularly large, they may require an additional **2–3 minutes**.

Prepare the Sauce

6. While the wings cook, combine the **ketchup**, **Big Tree Coco Aminos**, **apple cider vinegar**, **honey**, **Dijon mustard**, **smoked paprika**, **garlic powder**, **onion powder** (if using), **Worcestershire sauce** (if using), **mushroom seasoning** (if using), and **water** in a small saucepan.
 7. Bring just to a gentle simmer over **medium-low heat** and cook at **200°C** for **12 minutes**, stirring frequently, until smooth and slightly thickened. If the sauce becomes too thick, add a small amount of water until it reaches a brushable consistency.
 8. Brush the cooked wings generously with the barbecue sauce. Return them to the air fryer and cook at **200°C** for **2–3 minutes**, just until the glaze caramelizes and becomes sticky. Do not overcook during this stage, as the sugars in the sauce can burn quickly. After removing the wings from the basket, brush with a second light coat of warm sauce for maximum flavor and gloss.
 9. If desired, sprinkle with sliced **scallions**, **toasted sesame seeds**, **parsley**, and a little **finely grated lime zest** immediately before serving. The lime zest adds brightness without making the wings taste citrusy. Serve immediately while the skin remains crisp.
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Suggested Side Dishes

Excellent with:

- Mexican Coleslaw
 - Corn on the Cob
 - Air Fryer Potato Wedges
 - Baked Beans
 - Simple Garden Salad
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Make-Ahead Notes

- The barbecue sauce may be prepared up to **5 days in advance** and refrigerated.
 - The wings may be seasoned several hours ahead and kept refrigerated until ready to cook.
 - Leftover wings reheat well in the air fryer at **180°C** for **4–5 minutes**.
 - Avoid reheating in the microwave, which softens the skin.
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Notes

- Potato starch produces a noticeably crispier finish than flour while remaining virtually undetectable after cooking.
- Big Tree Organic Coco Aminos provides a richer, more rounded flavor than standard soy sauce while keeping sodium lower.
- Air frying renders additional fat compared with oven baking, resulting in crispier skin and slightly fewer calories.
- Resist the temptation to crowd the basket. If doubling the recipe, cook in batches for the best texture.
- The final brushing of warm sauce after caramelizing creates restaurant-style glossy wings without making them soggy.

Nutrition

Per Serving (approximately 4 wings with sauce)

Kcal total: ~530 kcal | Protein: ~34 g | Fat: ~33 g | Sat Fat: ~8 g | Carbs: ~15 g
| Sugars: ~11 g | Fiber: ~0.5 g | Sodium: ~620 mg | Omega-3: ~0.4 g