

Chicken Wing Day Flavor Flight

FIVE CRISP STYLES. ONE SERIOUSLY BOLD WING FLIGHT.



A FIVE-RECIPE CHICKEN WING DAY COOKBOOK

MEALBAKE COLLECTION | JULY 29, 2026

Chicken Wing Day Flavor Flight

FIVE CRISP STYLES. ONE SERIOUSLY BOLD WING FLIGHT.



THE COLLECTION

Five crisp wings, one flavor flight

Start with tangy Buffalo, then move through smoky chipotle and sticky honey-garlic before the bolder finishes. Keep batches warm on racks so every wing stays crisp. Air-fryer lemon-pepper offers a bright reset, while gochujang-sesame closes with fermented heat. Set out plenty of napkins and let guests build their own wing tasting.

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[VIEW COLLECTION ONLINE](#)

COLLECTION NOTES

Keep them crisp

Hold finished wings on wire racks in a low oven, leaving them uncovered so steam cannot soften the skin.

Sauce in batches

Toss wings shortly before serving and keep dry-seasoned styles separate from sticky glazes.

Build the flight

Serve milder wings first and the hottest last, with celery, cooling dips, lime wedges, and plenty of napkins.



THE SPICY ICON

Extra-Crispy Buffalo Wings with Blue Cheese Dip

Twice-fried chicken wings stay audibly crisp beneath a glossy Buffalo sauce, with a tangy homemade blue cheese dip and crunchy celery for cooling contrast.

[INGREDIENTS](#)[METHOD](#)[VIEW ONLINE](#)

ACTIVE

1 hr

CHILL

0 min

TOTAL

1 hr

SERVES

6

LEVEL

Medium

Minimum elapsed time shown; cooling and setup may vary.

Extra-Crispy Buffalo Wings

SHOPPING LIST

- 3 lb Chicken Wing Sections, Patted Very Dry
- 2 tsp Kosher Salt
- 1 tsp Aluminum-Free Baking Powder
- 2 qt Neutral Frying Oil
- 3/4 cup Cayenne Pepper Hot Sauce
- 6 tbsp Unsalted Butter
- 1 tsp Worcestershire Sauce
- 1/2 tsp Garlic Powder
- 1/2 cup Sour Cream
- 1/3 cup Mayonnaise
- 1/4 cup Buttermilk
- 4 oz Blue Cheese, Crumbled
- 2 tsp Fresh Lemon Juice
- 1/4 tsp Black Pepper
- 6 Celery Stalks, Cut Into Sticks

WHY IT WORKS

These wings are the classic spicy anchor for a Chicken Wing Day spread. Their vinegar-bright Buffalo sauce cuts through richer smoky, sweet, and savory flavors, while the blue cheese dip offers a cooling reset between bites.

A two-temperature fry is the most dependable route to crisp wings at home. The first, gentler fry renders fat and cooks the meat; a short rest releases steam, and the hotter second fry turns the skin deeply golden and blistered.

Drying the wings thoroughly matters more than adding a heavy coating. A light dusting of baking powder and salt encourages browning without creating a breaded crust, so the finished wings remain recognizably Buffalo-style.

Toss the wings only when everyone is ready to eat. The warm butter-and-hot-sauce emulsion should cling in a thin, glossy layer, leaving enough crisp texture to stand up beside celery sticks and the chunky, tangy dip.

KITCHEN NOTES

- Keep the oil below the halfway point of the pot and use a clip-on thermometer for safe, steady frying.
- Allow the oil to return to the target temperature between batches so the wings crisp instead of absorbing excess oil.
- The dip can be made up to two days ahead; stir in a splash of buttermilk if it thickens.

Extra-Crispy Buffalo Wings



1

Whisk the sour cream, mayonnaise, buttermilk, blue cheese, lemon juice, and black pepper in a small bowl. Mash about half the cheese against the bowl, leaving the rest chunky, then refrigerate the dip while the wings cook.



2

Combine the thoroughly dried wings with the kosher salt and baking powder in a large bowl. Toss until every piece has a very light, even coating with no visible clumps.



3

Pour the oil into a heavy Dutch oven, leaving at least 3 inches of space at the top. Heat it to 275°F, set a wire rack over a sheet pan, and divide the wings into three batches.



4

Fry the first batch at 275°F for 9 to 10 minutes, stirring gently to prevent sticking. The skin should look pale and the meat should be cooked through but not browned; transfer the wings to the rack and repeat.

Extra-Crispy Buffalo Wings



5

Let all the first-fried wings rest on the rack for 10 minutes. Meanwhile, raise the oil temperature to 375°F and maintain it between 360°F and 375°F during frying.



6

Fry the wings again in three batches for 3 to 5 minutes, until deep golden, blistered, and crisp. Drain each batch on the rack; the thickest pieces should register at least 175°F near the bone.



7

Warm the hot sauce, butter, Worcestershire sauce, and garlic powder in a small saucepan over low heat. Whisk just until the butter melts and the sauce becomes smooth; do not let it boil.



8

Place the hot wings in a large clean bowl, pour over the Buffalo sauce, and toss until evenly glazed. Serve immediately with the chilled blue cheese dip and celery sticks.



THE SMOKY GRILL

Smoky Chipotle Grilled Chicken Wings with Charred Lime

Crisp-edged grilled chicken wings seasoned with chipotle, smoked paprika, and cumin, then finished with a bright honey-lime glaze and charred lime wedges.

[INGREDIENTS](#)[METHOD](#)[VIEW ONLINE](#)

ACTIVE

1 hr

CHILL

0 min

TOTAL

1 hr

SERVES

6

LEVEL

Medium

Minimum elapsed time shown; cooling and setup may vary.

Smoky Chipotle Grilled Wings

SHOPPING LIST

- 3 lb Chicken Wingettes and Drumettes, patted very dry
- 1 1/2 tsp Kosher Salt
- 2 tsp Aluminum-Free Baking Powder
- 1 1/2 tsp Ground Chipotle Chile
- 1 1/2 tsp Smoked Paprika
- 1 tsp Ground Cumin
- 1 tsp Garlic Powder
- 1/2 tsp Freshly Ground Black Pepper
- 1 tbsp Avocado Oil
- 3 Limes
- 2 tbsp Honey
- 2 tbsp Finely Chopped Fresh Cilantro

WHY IT WORKS

These wings bring the fire-cooked flavor to a summer tasting spread: earthy chipotle, woodsy cumin, and real grill char sharpened by fresh lime. The seasoning is bold but dry enough to let the skin crisp instead of turning sticky too early.

A two-zone grill does the important work. The wings cook mostly over indirect heat with the lid closed, which renders the fat without constant flare-ups. A short finish over the hot side builds blistered edges and smoky color while the cook stays in control.

The glaze is deliberately light. Honey rounds the chipotle heat, lime juice adds tang, and lime zest keeps the citrus fragrant. Brushing it on only after the wings are cooked prevents scorching and preserves the crisp surface.

Serve the wings straight from the grill with the charred lime wedges alongside. They fit naturally into a Chicken Wing Day flavor flight and are especially good with crunchy vegetables or a cool, creamy dip.

KITCHEN NOTES

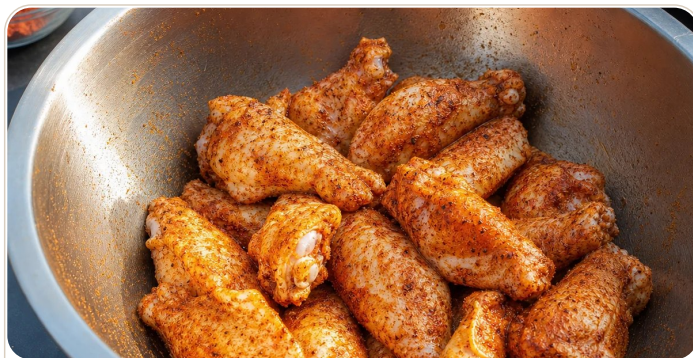
- Baking powder raises the skin's pH and promotes browning; use aluminum-free baking powder, not baking soda.
- For the cleanest grill flavor, avoid crowding and keep a cool zone available throughout cooking.
- Chicken wings are safe at 165°F, but 175-185°F gives the connective tissue time to soften while the meat stays juicy.

Smoky Chipotle Grilled Wings



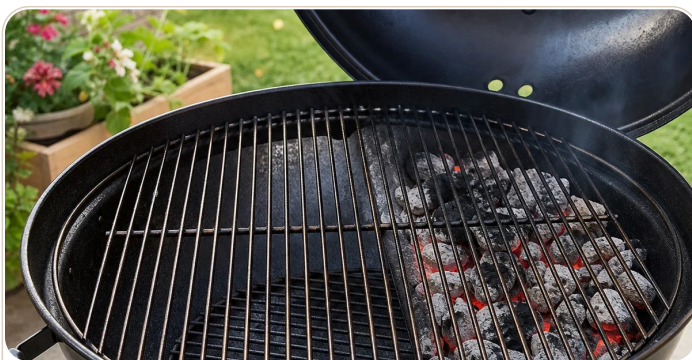
1

Pat the wings thoroughly dry with paper towels. Toss them in a large bowl with the salt and baking powder until every piece has a thin, even coating.



2

Combine the chipotle, smoked paprika, cumin, garlic powder, and black pepper. Sprinkle the mixture over the wings, add the avocado oil, and toss until evenly seasoned.



3

Prepare a grill for two-zone cooking at 400-425°F, with a hot direct side and a cooler indirect side. Clean and oil the grate, then keep the lid vents open.



4

Arrange the wings skin-side up over indirect heat with a little space between them. Close the lid and cook for 20 minutes, adjusting the burners or vents if the grill climbs above 450°F.

Smoky Chipotle Grilled Wings



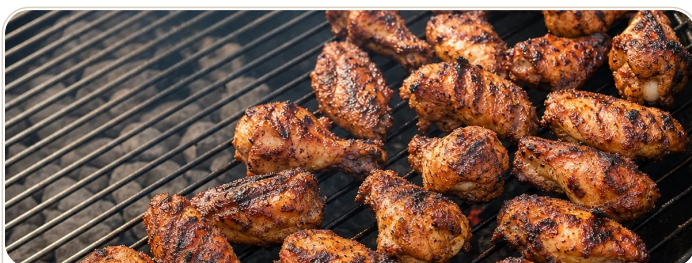
5

Turn the wings and continue cooking over indirect heat for 8-12 minutes, until the skin looks dry, the fat has rendered, and the thickest pieces register at least 175°F without touching bone.



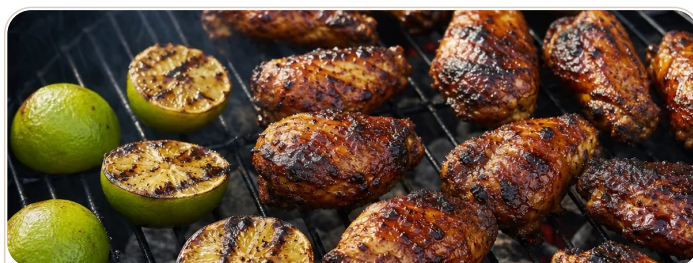
6

While the wings cook, finely zest one lime and squeeze 2 tablespoons juice into a small bowl. Whisk in the honey and zest. Halve the remaining limes.



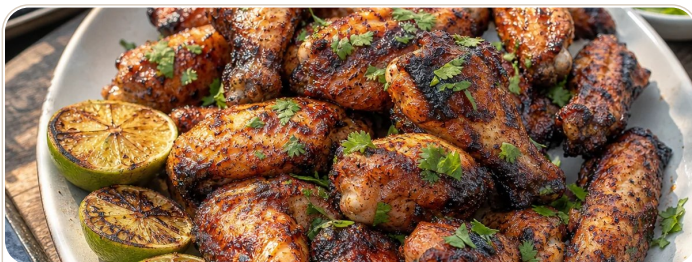
7

Move the cooked wings to the direct-heat side and grill for 1-2 minutes per side, turning as needed, until the edges are crisp and lightly charred. Shift any wing back to indirect heat immediately if dripping fat causes sustained flames.



8

Brush the wings lightly with the honey-lime mixture and turn them over the hot side for 15-20 seconds, just until the glaze clings. Grill the lime halves cut-side down for 1-2 minutes until deeply marked.



9

Transfer the wings to a platter, sprinkle with cilantro, and rest for 3 minutes. Serve hot with the charred lime halves for squeezing.



THE CROWD-PLEASER

Sticky Honey-Garlic Baked Chicken Wings

Rack-baked chicken wings with crisp skin and a glossy honey-garlic glaze that lands squarely between sweet and savory.

INGREDIENTS

METHOD

VIEW ONLINE

ACTIVE

1 hr 15 min

CHILL

0 min

TOTAL

1 hr 15 min

SERVES

6

LEVEL

Easy

Minimum elapsed time shown; cooling and setup may vary.

Honey-Garlic Baked Wings

SHOPPING LIST

- 3 lb Chicken Wing Sections, Patted Dry
- 1 tbsp Aluminum-Free Baking Powder
- 1 1/2 tsp Kosher Salt
- 1/2 tsp Black Pepper
- 1/2 tsp Garlic Powder
- 1/2 cup Honey
- 1/3 cup Reduced-Sodium Soy Sauce
- 2 tbsp Unseasoned Rice Vinegar
- 5 cloves Garlic, Finely Grated
- 2 tsp Fresh Ginger, Finely Grated
- 1 tbsp Unsalted Butter
- 2 whole Scallions, Thinly Sliced
- 2 tsp Toasted Sesame Seeds

WHY IT WORKS

These honey-garlic wings are the sweet crowd-pleaser in a varied wing spread. The glaze has enough soy sauce and rice vinegar to keep the honey from tasting one-note, while fresh garlic and ginger give it a savory backbone without adding chile heat.

A wire rack and a light coating of baking powder help the skin brown and crisp in the oven. Patting the wings thoroughly dry matters: surface moisture delays browning and prevents the seasoning from clinging evenly.

The glaze cooks in its own saucepan while the wings bake. Reducing it before the wings are coated creates a shiny, concentrated lacquer rather than a thin sauce that softens the crisp skin.

Serve the wings straight from their brief final bake, when the glaze is tacky and the edges are caramelized. They fit naturally into a tasting flight beside spicy Buffalo, smoky grilled, lemon-pepper, or Korean-style wings.

KITCHEN NOTES

- Use baking powder, not baking soda; baking soda leaves an unpleasant alkaline flavor.
- If the glaze becomes too thick before the wings are ready, loosen it over low heat with 1 tablespoon of water.
- For the crispest result, sauce the wings only when they are fully browned and serve them as soon as the final glaze sets.

Honey-Garlic Baked Wings



1

Heat the oven to 425°F. Line a large rimmed baking sheet with foil and set a wire rack inside it; lightly coat the rack with cooking spray.



2

Place the thoroughly dried wings in a large bowl. Sprinkle with the baking powder, salt, black pepper, and garlic powder, then toss until every piece has a thin, even coating.



3

Arrange the wings skin-side up in a single layer on the rack, leaving a little space between pieces. Bake for 25 minutes.



4

Turn each wing and continue baking for 18 to 22 minutes, until deeply browned, crisp at the edges, and at least 175°F near the bone.

Honey-Garlic Baked Wings



5

While the wings bake, combine the honey, soy sauce, rice vinegar, fresh garlic, and ginger in a wide saucepan. Bring to a gentle simmer over medium heat and cook for 7 to 9 minutes, stirring often, until glossy and thick enough to lightly coat a spoon.



6

Remove the glaze from the heat and whisk in the butter. Set aside about 3 tablespoons of glaze in a clean small bowl for brushing.



7

Transfer the baked wings to a clean large bowl, pour over the remaining glaze, and toss quickly until evenly coated. Return them to the rack and brush with the reserved glaze.



8

Bake for 3 to 5 minutes more, until the glaze bubbles and turns tacky without burning. Transfer to a platter, scatter with scallions and sesame seeds, and serve immediately.



THE BRIGHT RESET

Air-Fryer Lemon-Pepper Parmesan Wings

Crisp air-fried chicken wings tossed with fresh lemon zest, cracked black pepper, Parmesan, and just enough butter to make the savory coating cling.

INGREDIENTS

METHOD

VIEW ONLINE

ACTIVE
45 min

CHILL
0 min

TOTAL
45 min

SERVES
4

LEVEL
Easy

Minimum elapsed time shown; cooling and setup may vary.

Lemon-Pepper Parmesan Wings

SHOPPING LIST

- 2 lb Split Chicken Wings, Patted Dry
- 1 tbsp Aluminum-Free Baking Powder
- 1 1/4 tsp Kosher Salt
- 2 tsp Coarsely Ground Black Pepper
- 1 tsp Garlic Powder
- 1 tsp Onion Powder
- 2 tbsp Unsalted Butter, Melted
- 1/3 cup Finely Grated Parmesan
- 1 tbsp Finely Grated Lemon Zest
- 2 tsp Fresh Lemon Juice
- 2 tbsp Finely Chopped Flat-Leaf Parsley
- 4 pieces Lemon Wedges

WHY IT WORKS

These lemon-pepper Parmesan wings bring a bright, savory counterpoint to a table full of sticky sauces. The air fryer renders the skin quickly, while a small amount of baking powder helps the surface blister and brown without a heavy coating.

Fresh lemon zest matters here because it supplies fragrant citrus oil without soaking the crisp wings. Coarsely cracked black pepper provides a warm bite, and finely grated Parmesan settles into the craggy skin instead of forming a thick, greasy layer.

Cook the wings in a single layer and leave a little space between them so hot air can circulate. If your basket is small, two batches are worth the extra time; crowding traps steam and softens the skin.

Serve the wings as soon as they are tossed, with lemon wedges for guests who want a sharper finish. They fit naturally into a Chicken Wing Day tasting spread because the dry, cheese-forward coating offers relief between sweeter or hotter glazed wings.

KITCHEN NOTES

- Use baking powder, not baking soda; baking soda leaves an alkaline taste.
- Finely grated Parmesan adheres better than coarse shreds and melts slightly against the hot skin.
- For the crispest result, sauce only the amount you plan to serve immediately.

Lemon-Pepper Parmesan Wings



1

Preheat the air fryer to 390°F for 4 minutes. Set a wire rack over a sheet pan for holding the cooked wings between batches.



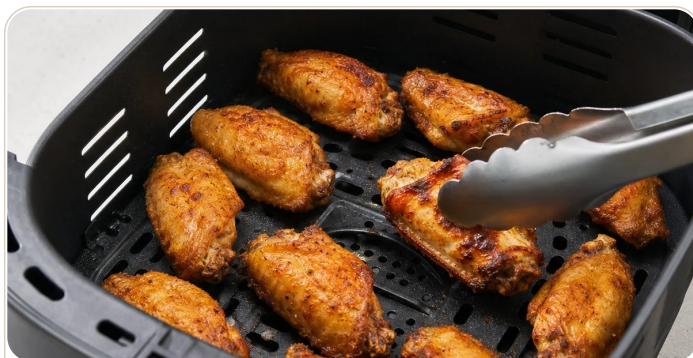
2

Blot the wings thoroughly with paper towels, pressing around the joints and folds until the skin feels dry rather than tacky.



3

Whisk the baking powder, salt, 1 1/2 teaspoons black pepper, garlic powder, and onion powder in a large bowl. Add the wings and toss until every piece has a thin, even dusting.



4

Arrange half of the wings in the air-fryer basket in a single layer with space between them. Air-fry at 390°F for 12 minutes, flip, then cook for 10 to 12 minutes more, until deeply browned, crisp, and at least 175°F near the bone.

Lemon-Pepper Parmesan Wings



5

Transfer the first batch to the wire rack and repeat with the remaining wings. If the first batch loses some surface crispness, return all the wings to the basket in a loose layer for 2 minutes at 400°F.



6

Stir the melted butter, Parmesan, lemon zest, lemon juice, parsley, and remaining 1/2 teaspoon black pepper in a clean large bowl to form a loose, fragrant coating.



7

Add the hot wings to the lemon-Parmesan mixture and toss briskly until the cheese and zest cling to the skin. Transfer to a platter and serve immediately with lemon wedges.



THE BOLD FINALE

Gochujang-Sesame Broiled Chicken Wings

Oven-crisped chicken wings are glazed with gochujang, honey, soy, and toasted sesame, then broiled until their spicy-sweet edges turn sticky and caramelized.

INGREDIENTS

METHOD

VIEW ONLINE

ACTIVE

1 hr 10 min

CHILL

0 min

TOTAL

1 hr 10 min

SERVES

6

LEVEL

Medium

Minimum elapsed time shown; cooling and setup may vary.

Gochujang-Sesame Wings

SHOPPING LIST

- 3 lb Chicken Wing Sections, Patted Very Dry
- 1 1/2 tsp Kosher Salt
- 1 tbsp Aluminum-Free Baking Powder
- 1/3 cup Gochujang
- 1/4 cup Honey
- 3 tbsp Low-Sodium Soy Sauce
- 2 tbsp Unseasoned Rice Vinegar
- 1 tbsp Fresh Ginger, Finely Grated
- 3 Garlic Cloves, Finely Grated
- 2 tsp Toasted Sesame Oil
- 2 tbsp Water
- 1 tbsp Toasted Sesame Seeds
- 3 Scallions, Thinly Sliced

WHY IT WORKS

These gochujang-sesame wings bring fermented chile depth and a lacquered spicy-sweet finish to a Chicken Wing Day flight. They make a bold finale after tangy Buffalo, smoky grilled, honey-garlic, and lemon-pepper Parmesan wings.

The wings bake before they ever meet the glaze. Dry skin, a wire rack, and a small amount of baking powder create a crisp surface that can carry the sauce without becoming soft or heavy.

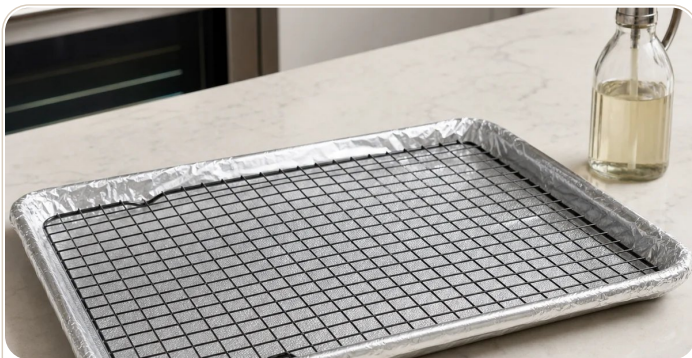
Gochujang supplies savory heat as well as sweetness, while soy sauce, rice vinegar, ginger, and garlic sharpen the glaze. Honey helps it cling and caramelize, and toasted sesame oil is added sparingly so its aroma stays balanced.

Broiling is brief but important. Watch continuously and rotate the pan as needed; the goal is bubbling, darkened edges and a glossy coat, not burned sugar. Scallions and toasted sesame seeds add a fresh, nutty finish.

KITCHEN NOTES

- For clean browning, remove any large powdery patches before the wings go into the oven.
- Gochujang brands vary in heat; taste the glaze before simmering and add a teaspoon of honey if you prefer a gentler finish.
- If the broiler heats unevenly, rotate the pan rather than extending the cooking time.

Gochujang-Sesame Wings



1

Heat the oven to 250°F. Set a wire rack inside a foil-lined rimmed sheet pan and coat the rack lightly with nonstick cooking spray.



2

Combine the thoroughly dried wings, kosher salt, and baking powder in a large bowl. Toss until the wings have a thin, even coating with no powdery clumps.



3

Arrange the wings skin-side up in a single layer on the rack, leaving space between them. Bake on the lower oven rack for 25 minutes to render fat and dry the skin.



4

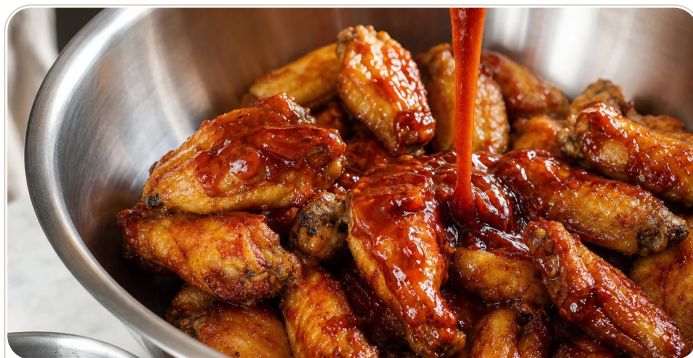
Raise the oven temperature to 450°F and move the pan to the upper-middle rack. Bake for 20 to 25 minutes more, turning the wings halfway through, until golden, crisp, and at least 175°F near the bone.

Gochujang-Sesame Wings



5

While the wings bake, whisk the gochujang, honey, soy sauce, rice vinegar, ginger, garlic, sesame oil, and water in a small saucepan. Simmer over medium-low heat for 3 to 4 minutes, until glossy and slightly thickened.



6

Transfer the crisp wings to a large clean bowl. Add about three-quarters of the warm glaze and toss until every wing is evenly coated, reserving the rest for finishing.



7

Return the glazed wings to the rack and brush them with the reserved glaze. Broil 5 to 6 inches from the heat for 1 to 3 minutes, watching continuously, until the glaze bubbles and caramelizes at the edges.



8

Transfer the wings to a platter and immediately scatter with toasted sesame seeds and sliced scallions. Serve hot while the glaze is sticky and the skin remains crisp.