

Caramelized Baked Chicken Legs or Wings: Sticky & Sweet Glaze

Get ready to sink your teeth into some truly spectacular chicken! These



OVEN
375°F

TIME
30 min

TEMP
165°F

METHOD
Air fryer

INGREDIENTS

3 pounds chicken (legs or wings)
2 tbsp olive oil
¾ cup soy sauce
¾ cup brown sugar (packed)
4 cloves garlic, minced
1 tsp fresh ginger, grated
Optional garnish: sesame seeds and green onions (sliced)

Swaps and Notes:

Chicken: Chicken legs (drumsticks) and wings (flats and drumettes) are ideal for this recipe as they cook evenly and get wonderfully tender. You could also use boneless, skinless chicken thighs, but adjust the baking time accordingly.

Soy Sauce: Use regular or low-sodium soy sauce. Tamari is a great gluten-free alternative.

Brown Sugar: Packed light brown sugar adds moisture and deep caramel notes. Dark brown sugar can also be used for a more intense molasses flavor.

Garlic & Ginger: Freshly minced garlic and grated ginger are highly recommended for the best flavor. Pre-minced garlic or ground ginger can be used in a pinch, but fresh is superior here.

Olive Oil: A neutral-flavored oil like canola or vegetable oil can be substituted.

Spice (Optional): For a touch of heat, add a pinch of red pepper flakes to the marinade.

DIRECTIONS

1. Let's get this delicious and easy : Caramelized Baked Chicken cooking!
2. Preheat : Oven: Preheat your oven to 375°F (190°C).
3. Prepare : Marinade: In a large mixing bowl, whisk together the olive oil, soy sauce, brown sugar (make sure it's packed to get the correct amount), minced garlic, and grated fresh ginger until the brown sugar is mostly dissolved and the mixture is well combined. This is your flavorful marinade and the base for your glaze!
4. Marinate : Chicken: Add the 3 pounds of chicken (legs or wings) to the bowl with the marinade. Toss well to ensure all the chicken pieces are thoroughly coated. For best flavor, you can let the chicken marinate in the refrigerator for at least 30 minutes, or even a few hours (up to overnight) if time allows. If marinating, cover the bowl with plastic wrap.
5. Initial : Bake: Arrange the marinated chicken pieces in a single layer on a large baking sheet lined with parchment paper or foil (for easy cleanup). Make sure to leave some space between the pieces to allow them to bake and crisp, rather than steam. Reserve any excess marinade from the bowl - you'll use this for the glaze! Bake for 30-35 minutes. At this point, the chicken should be partially cooked and starting to get some color.
6. Make the : Glaze: While the chicken is in its initial bake, pour the reserved marinade into a small saucepan. Bring it to a simmer over medium heat and let it gently simmer for 5-7 minutes, stirring occasionally, until it thickens into a glossy, sticky glaze. Be careful not to boil it too vigorously, or it

might reduce too much.

7. **Glaze and : Final Bake:** Remove the chicken from the oven. Generously brush the partially baked chicken pieces with the thickened, reserved glaze. Ensure all sides are coated. Return the chicken to the oven and bake for an additional 5 minutes. This final bake will help the glaze caramelize and become even stickier. For extra crispiness, you can briefly (1-2 minutes) switch to the broiler, but watch very carefully to prevent burning!
8. **Garnish and : Serve:** Once the chicken is golden, caramelized, and reaches an internal temperature of 165°F (74°C) (for wings/legs, measured in the thickest part without touching bone), remove from the oven. Garnish with a sprinkle of sesame seeds and sliced green onions for a fresh, aromatic finish. Serve hot and enjoy these incredibly delicious Caramelized Baked Chicken Legs or Wings!

SWAPS & NOTES

, creating a sticky, caramelized crust as it bakes.

It's a "set-it-and-forget-it" kind of meal that requires minimal hands-on time but delivers maximum flavor, filling your home with the most wonderful aroma.

Plus, who can resist perfectly caramelized, fall-off-the-bone chicken?

You could also use boneless, skinless chicken thighs, but adjust the baking time accordingly.

TIPS FOR SUCCESS

Marinate for Flavor: Even a short 30-minute marinade makes a difference, but letting it sit for a few hours or overnight will truly infuse the chicken with flavor.

Don't Crowd the Pan: Spreading the chicken in a single layer with space between pieces is crucial for caramelization and crispy skin.

If necessary, use two baking sheets.

Reserve Marinade for Glaze: This is an excellent way to concentrate flavors and create a sticky finish.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/caramelized-baked-chicken-legs-or-wings-sticky-sweet-glaze/>