

Brown Sugar Pineapple Wings Chicken That Bakes Up Sticky, Sweet, and Irresistible

They are sweet, savory, a little tangy, and incredibly satisfying.



OVEN
400°F

TIME
40 to 45 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

- 2 lbs chicken wings, split and tips removed
- 1 cup pineapple juice
- 1/2 cup brown sugar, packed
- 1/4 cup soy sauce
- 2 tablespoons ketchup
- 1 tablespoon apple cider vinegar
- 2 cloves garlic, minced
- 1/2 teaspoon ground ginger
- 1/2 teaspoon chili flakes, optional
- 1 tablespoon cornstarch
- 1 tablespoon water
- Salt and pepper, to taste
- Green onions, for garnish
- Sesame seeds, for garnish

DIRECTIONS

1. Preheat your oven to 400°F and line a baking sheet with foil.
2. Place a wire rack on top of the baking sheet and spray it with nonstick spray.
3. Season the chicken wings with salt and pepper.
4. Arrange the wings in a single layer on the rack.
5. Bake for 40 to 45 minutes, flipping halfway through, until the wings are golden and crispy.
6. While the wings bake, make the glaze by combining pineapple juice, brown sugar, soy sauce, ketchup, apple cider vinegar, garlic, ginger, and chili flakes in a saucepan over medium heat.
7. Bring the sauce to a simmer, stirring occasionally.
8. In a small bowl, mix the cornstarch and water to create a slurry.
9. Whisk the slurry into the sauce and simmer for about 5 minutes, until thickened.
10. When the wings are done baking, transfer them to a large bowl.
11. Pour the glaze over the wings and toss until evenly coated.
12. Return the glazed wings to the rack and bake for another 10 minutes to caramelize.
13. Garnish with green onions and sesame seeds before serving.

SWAPS & NOTES

Fresh or bottled pineapple juice both work well here, as long

as the juice is unsweetened or not overly sugary.

Since brown sugar is already doing a lot of the sweetening, starting with a balanced pineapple juice keeps the glaze from becoming too syrupy.

Soy sauce adds savory depth, but you can use low-sodium soy sauce

if you want more control over the salt level.

The chili flakes are optional, though they are a great addition if you like a little sweet heat in your wings.

TIPS FOR SUCCESS

Using a wire rack is one of the best ways to help the wings crisp up in the oven.

It allows the hot air to circulate around the wings and keeps them from sitting in rendered fat.

Do not skip the final bake after glazing.

That extra 10 minutes helps the sauce cling to the wings and gives them that sticky, caramelized finish that makes them so good.

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

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