

Pasta red peppers with sous-vide chicken supreme

Cuisine: **Italian**Food category: **Poultry**Author: **Jaroslav Mikoška**Company: **Retigo**

Program steps

Preheating: **68 °C**

1	Combination	50 %	Termination by time	02:00 hh:mm	68 °C	50 %	
2	take out the chicken and insert the peppers						
	Hot air	100 %	Termination by time	00:10 hh:mm	250 °C	100 %	
3	take out the peppers and insert the chicken supreme in						
	Hot air	0 %	Termination by time	00:01 hh:mm	220 °C	100 %	

Ingredients - number of portions - 2

Name	Value	Unit
chicken supreme	2	pcs
butter	100	g
salt	1	g
ground black pepper, ground	1	g
rice pepper	3	pcs
whipped cream 33%	150	ml
onion	1	pcs
sprig of parsley	10	g
vegetable oil	50	ml

Nutrition and allergens

Allergens: 7

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, B6, C, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	378.5 kJ
Carbohydrate	0.9 g
Fat	41.6 g
Protein	0.6 g
Water	0 g

Directions

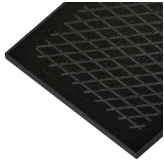
Season the chicken with salt and pepper, put nob of butter on it and put it in a sous-vide bag. Set the Retigo combi oven to combi mode 50%, 68°C for 2 hours.

Place the red peppers in any GN container, set the Retigo combi oven on hot air mode 250°C for about 10 minutes and insert the GN container in. Once finished take out the peppers and put them in a separate bowl and cover with foil. Leave this for about 5 minutes. After that peel them and remove the seeds.

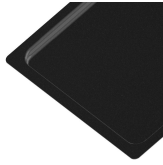
Meanwhile make the sauce by chopping the onion, put oil in a pan and fry the onion untill light brown. Add the pepper and blend it with a stick blender. Put the pot back on the stove and add cream, season with salt and pepper a finish with butter.

Cook the pasta, mix it with sauce and chopped parsley and serve grilled and sliced sous-vide chicken (hot air, 220°C, 1 minute) on the top of the pasta. You can garnish with fresh basil leaves.

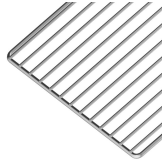
Recommended accessories



Vision Grill



Vision Bake



Stainless wire shelving