

Sous-vide chicken drumsticks

Cuisine: Czech

Food category: Poultry



Author: Jan Malachovský

Company: Retigo



Program steps

1 Steaming Termination by time 01:40 hh:mm 62 °C 80 %

Ingredients - number of portions - 5

Name	Value	Unit
chicken legs	1.5	kg
ketchup	200	g
orange juice	200	ml
copper	100	g
tabasco	1	pcs
dried garlic	3	g
dried ginger	3	g
salt	1	g
ground coffee	50	g
sesame	10	g
ground black pepper, ground	0.5	g

Directions

1. Rinse the chicken drumsticks and put them in a vacuum bag. Mix all the remaining ingredients (except sesame) and cover the chicken drumsticks. We are evacuating. We cook according to the program above.
2. The drumsticks cooked in this way can be cooled and stored for 5 days or baked straight away. Cut the bag open and transfer everything to a baking sheet. Bake for 10 minutes at 210°C.

Nutrition and allergens

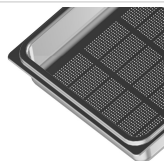
Allergens: 11

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

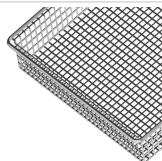
Vitamins: A, B, B6, C, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	640 kJ
Carbohydrate	30.3 g
Fat	29.9 g
Protein	59.9 g
Water	0 g

Recommended accessories



GN container Stainless steel perforated



Vision Frit



Enameled GN container



Stainless wire shelving