

Mayoral steak

Cuisine: Czech

Food category: Poultry



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Company: Retigo



Program steps

Preheating: 225 °C

1 Hot air 10 % Termination by time 00:08 hh:mm 225 °C 100 %

Ingredients - number of portions - 10

| Name | Value | Unit |
|------------------|-------|------|
| chicken breast | 1500 | g |
| salt | 25 | g |
| chicken eggs | 4 | pcs |
| roll | 400 | g |
| rama combi profi | 80 | g |
| vegetable oil | 160 | g |
| butter | 150 | g |

Directions

1. Cut the chicken breasts into slices, pat them lightly, add salt and coat them in beaten eggs and breadcrumbs cut into fine thin strips.
2. We prepare a Vision Bake tray, which we first lightly spray with Rama Combi Profi diluted with oil in a ratio of 1:2 using the Vision oil gun. Place the meat on the tray prepared in this way and apply a second spray of oil. Then we put it in the convection oven and fry it on the above program. After frying, brush the cutlets with clarified butter.

Nutrition and allergens

Allergens: 1, 3, 7

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

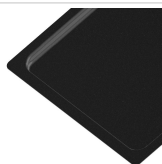
Vitamins: A, B, C, D, E, K, Kyselina listová

| Nutritional value of one portion | Value |
|----------------------------------|----------|
| Energy | 557.6 kJ |
| Carbohydrate | 24.1 g |
| Fat | 34.9 g |
| Protein | 38.6 g |
| Water | 0 g |

Recommended accessories



Vision Oil Spray Gun



Vision Bake