


Crispy Roast Chicken

Cuisine: Chinese
Food category: Poultry



Author: Gary CHIU
Company: Retigo Asia



Program steps

Preheating:

175 °C

1	Combination	40 %	Termination by core probe temperature	60 °C	160 °C	90 %	
2	Hot air	10 %	Termination by core probe temperature	72 °C	180 °C	90 %	

Ingredients - number of portions - 1

Name	Value	Unit
whole chicken	900	g

Name	Value	Unit
salt	10	g
caster sugar	10	g
monosodium glutamate	15	g
seafood sauce	30	g
oyster sauce	20	g
five spices	5	g
minced garlic	200	g
dried ginger	80	g
onion	80	g

Nutrition and allergens

Allergens: Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn Vitamins: A, B, C, E, K, Kyselina listová	
Nutritional value of one portion	Value
Energy	1806 kJ
Carbohydrate	132.1 g
Fat	37.7 g
Protein	215.9 g
Water	0 g

Directions

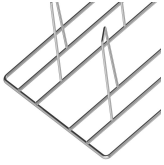
The first stage

- ◇ Considering the appearance of the crispy skin, the core temperature probe is inserted into the chicken leg for detection
- ◇ The core temperature probe is inserted into the thickest part of the chicken leg and sticks to the bone for the most accurate detection

second stage

- ◇ Steam roasting to dry roasting, the dehumidification valve quickly removes the steam humidity in the oven cabin environment
- ◇ After the chicken legs reach the center temperature of 72°C, take them out and let them stand at room temperature for about 15 minutes, until the chicken is stuffed until it is just cooked
- ◇ Traditional oil pouring operation, using steam oven to make program can record and save oil cost

Recommended accessories



Wire shelving for chickens