

# Baked chicken thighs

Cuisine: Czech

Food category: Poultry



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## Program steps

Preheating: 99 °C

1	Steaming		Termination by time	00:15	hh:mm	99 °C	+ 50 %	
2	Podlej vodou							
	Combination	90 %	Termination by time	00:30	hh:mm	155 °C	+ 100 %	
3	Hot air	100 %	Termination by time	00:15	hh:mm	190 °C	+ 100 %	

## Ingredients - number of portions - 10

Name	Value	Unit
salt	25	g
ground red pepper	8	g
dried garlic	5	g
caraway seeds	5	g
caster sugar	5	g
parsley	1	g
oregano	1	g
thyme	1	g
rosemary	1	g
turmeric	1	g
chicken thighs	2400	g
butter soft	150	g

## Nutrition and allergens

Allergens: 7

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

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

Nutritional value of one portion	Value
Energy	556.4 kJ
Carbohydrate	1.5 g
Fat	41.5 g
Protein	43.6 g
Water	0 g

## Directions

First, we prepare the spice mixture - pour salt, sweet ground pepper, dried garlic, ground cumin, a pinch of sugar, basil, oregano, thyme and rosemary into a bowl. Knead the spice mixture with your fingers. Place the chicken thighs in an enameled gastro-intestine, sprinkle with the prepared mixture of salt and spices, add butter.

We put them in a preheated combi oven set to the above program, which also has automatic preheating, and the thighs are cooked in the first step and then baked in the two remaining steps.

In the second step, add water.

After baking, we drain the roast and can make a juice out of it.

## Recommended accessories



Enameled GN container