

# Roasted 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 mix – in a bowl, we add salt, sweet paprika, dried garlic, ground cumin, a pinch of sugar, basil, oregano, thyme, and rosemary. We rub the spice mix with our fingers.

We place the chicken thighs in an enamel baking dish, sprinkle with the prepared mixture of salt and spices, and add butter.

In the preheated convection oven, we place the GN and in the first step, we cook the thighs and then bake them in two additional steps.

In the second step, we add water.

After roasting, we drain the juices and can use them to make a sauce.

## Recommended accessories



Enameled GN  
container