

Pasta red peppers with sous-vide chicken supreme

Cuisine: **Italian**

Food category: **Poultry**



Author: Jaroslav Mikoska

Company: Retigo



Program steps

Preheating: **68 °C**

1	Combination	50 %	Termination by time	02:00 hh:mm	68 °C	50 %	
2	take out the chicken and insert the peppers						
3	Hot air	100 %	Termination by time	00:10 hh:mm	250 °C	100 %	
	Hot air	0 %	Termination by time	00:01 hh:mm	220 °C	100 %	

Ingredients - number of portions - 2

Name	Value	Unit
chicken supreme	2	pcs
butter soft	100	g
salt	1	g
freshly ground black pepper, ground	1	g
mixed peppers	3	pcs
whipped cream 33%	150	ml
onion	1	pcs
sprig of parsley	10	g
5 tbsp vegetable oil	50	ml

Nutrition and allergens

Allergens: 7

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

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

Nutritional value of one portion	Value
Energy	378.5 kJ
Carbohydrate	0.9 g
Fat	41.6 g
Protein	0.6 g
Water	0 g

Directions

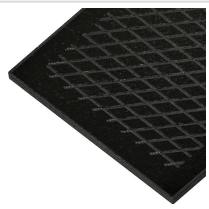
Season the chicken with salt and pepper, put nob of butter on it and put it in a sous-vide bag. Set the Retigo combi oven to combi mode 50%, 68°C for 2 hours.

Place the red peppers in any GN container, set the Retigo combi oven on hot air mode 250°C for about 10 minutes and insert the GN container in. Once finished take out the peppers and put them in a separate bowl and cover with foil. Leave this for about 5 minutes. After that peel them and remove the seeds.

Meanwhile make the sauce by chopping the onion, put oil in a pan and fry the onion until light brown. Add the pepper and blend it with a stick blender. Put the pot back on the stove and add cream, season with salt and pepper and finish with butter.

Cook the pasta, mix it with sauce and chopped parsley and serve grilled and sliced sous-vide chicken (hot air, 220°C, 1 minute) on the top of the pasta. You can garnish with fresh basil leaves.

Recommended accessories



Vision Grill



Vision Bake



Stainless wire shelving