

Fried chicken drumsticks

Cuisine: **Czech**

Food category: **Poultry**



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Company: **Retigo**



Program steps

Preheating: 205 °C

1 Hot air 7 % Termination by time 00:20 hh:mm 180 °C + 100 %

Ingredients - number of portions - 10

Name	Value	Unit
chicken thighs	3500	g
salt	30	g
plain wheat flour	150	g
chicken eggs	140	g
cornflakes	350	g
5 tbsp vegetable oil	70	g
rama combi profi	70	g

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	925.2 kJ
Carbohydrate	40.5 g
Fat	53.8 g
Protein	69.1 g
Water	0 g

Directions

Cut the rinsed parts of the chicken legs - drumsticks near the bone and salt.

Wrap the prepared drumsticks in sifted flour, beaten eggs and crushed cornflakes.

For frying in a convection oven, it is necessary to apply a layer of oil and Ramy Combi Profi diluted 1:1 in an oil gun to the surface of the GN Vision Bake. On the GN prepared in this way, we place the drumsticks wrapped in three-pack next to each other.

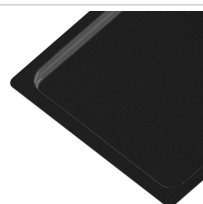
After that stick, we spray again - we apply a layer of fat on them.

After preheating, put the prepared food in the convection oven and fry until golden.

Recommended accessories



Vision Oil Spray Gun



Vision Bake