

Chicken drumsticks sous-vide

Cuisine: **Czech**

Food category: **Poultry**



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Company: **Retigo**



Program steps

1	Steaming	Termination by time	01:40 hh:mm	62 °C	80 %	
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Ingredients - number of portions - 5

Name	Value	Unit
chicken thighs	1.5	kg
tomatoe sauce	200	g
orange juice	200	ml
honey	100	g
tabasco	1	pcs
dried garlic	3	g
dried ginger	3	g
salt	1	g
instant coffee	50	g
sesame	10	g
freshly ground black pepper, ground	0.5	g

Directions

1. We rinse the chicken drumsticks and place them in a vacuum bag. We mix all the remaining ingredients (except for the sesame) and pour them over the chicken drumsticks. We vacuum seal. We cook according to the program above.
2. The cooked drumsticks can be cooled and stored for 5 days or we can bake them immediately. We cut the bag open and transfer everything to a baking sheet. We bake for 10 min at 210°C.

Nutrition and allergens

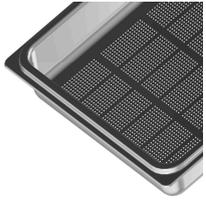
Allergens: 11

Minerals: Ca, Cu, Fe, K, Mg, Mn, Na, P, Se, Zn

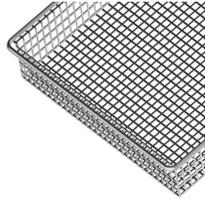
Vitamins: A, B, B6, C, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	708.4 kJ
Carbohydrate	29.5 g
Fat	38.9 g
Protein	56.9 g
Water	0 g

Recommended accessories



GN container Stainless
steel perforated



Vision Frit



Enameled GN
container



Stainless wire shelving