

# Classic chicken fricassée

Cuisine: **French**Food category: **Poultry**Author: **Retigo Team Deutschland**Company: **RETIGO Deutschland GmbH**

## Program steps

Preheating: **160 °C**

1 Hühnerfleisch anbraten

Combination	15 %	Termination by time	00:04 hh:mm	160 °C	+ 90 %	
-------------	------	---------------------	----------------	--------	--------	--

2 mit Zwiebeln und Gewürzen weiter anbraten

Combination	15 %	Termination by time	00:04 hh:mm	160 °C	+ 90 %	
-------------	------	---------------------	----------------	--------	--------	--

3 Aufgießen und köcheln

Combination	20 %	Termination by time	00:20 hh:mm	125 °C	+ 90 %	
-------------	------	---------------------	----------------	--------	--------	--

4 umstechen und garen

Combination	20 %	Termination by time	00:20 hh:mm	125 °C	+ 90 %	
-------------	------	---------------------	----------------	--------	--------	--

## Ingredients - number of portions - 10

Name	Value	Unit
pieces of chicken meat	1800	g
clarified butter	150	g
onion	200	g
plain wheat flour	40	g
poultry stock	1200	ml
bouquet garni	1	pcs
onion	1	pcs
salt	12	g
whole black pepper	4	g
egg yolk	2	pcs
whipped cream 33%	200	ml

## 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, E, K, Kyselina listová

## Directions

Preheat the combi steamer along with the GN containers. Then add the chicken pieces to the container with clarified butter and sauté for 4 minutes at 160°C with a humidity of 15% in combi steam mode at a fan speed of 90%. Turn the chicken pieces, season, and add the finely diced onions, and sauté for another 4 minutes. Then dust with flour and deglaze with poultry stock, add the bouquet garni and the studded onion. Reduce the temperature and let it simmer lightly in combi steam mode at 125°C for 20 minutes with a humidity of 20% and 90% fan speed. Then turn over, and cook for another 20 minutes under the same conditions. Remove the meat from the sauce, strain the sauce, enrich the sauce with the egg yolk-cream mixture, pour over the warmed meat pieces, and serve.

Nutritional value of one portion	Value
Energy	381.6 kJ
Carbohydrate	6.7 g
Fat	24 g
Protein	38.5 g
Water	0 g