

Classic chicken fricassée

Cuisine: French

Food category: Poultry



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Program steps

Preheating: 160 °C

1	Hühnerfleisch anbraten	Combination	15 %	Termination by time	00:04	hh:mm	160 °C	+ 90 %	X
2	mit Zwiebeln und Gewürzen weiter anbraten	Combination	15 %	Termination by time	00:04	hh:mm	160 °C	+ 90 %	X
3	Aufgießen und köcheln	Combination	20 %	Termination by time	00:20	hh:mm	125 °C	+ 90 %	X
4	umstechen und garen	Combination	20 %	Termination by time	00:20	hh:mm	125 °C	+ 90 %	X

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

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

Directions

Preheat the combi steamer well together with the GN containers. Then put the chicken pieces with clarified butter in the container and fry for 4 minutes
160°C with a humidity of 15% in combination steam mode at a fan speed of 90%. Turn the chicken pieces, season, and add the onion cubes (finely).
sauté for another 4 minutes.
Then flour and pour in chicken stock, the bouquet garni and the Add the peppered onion. Reduce temperature and simmer gently in combination steam mode at 125°C for 20 minutes with a humidity of 20% and fan speed of 90%. Then pierce, then cook for another 20 minutes
same climate.
Remove the meat from the sauce, strain the sauce, and add the egg yolk and cream mixture to the sauce
Add the mixture and pour over the warm pieces of meat and serve.