

Roasted Chicken Leg

Cuisine: **Other**
Food category: **Poultry**

Author: [Bartłomiej Kubica](#)
Company: [RM Gastro Polska Sp. z o.o.](#)



Program steps

1	Combination	50 %	Termination by core probe temperature	75 °C	140 °C	100 %	
2	Hot air	0 %	Termination by time	00:15 hh:mm	200 °C	100 %	

Ingredients - number of portions - 10		
Name	Value	Unit
chicken thighs	10	pcs
5 tbsp vegetable oil	0.5	l
ground smoked paprika	50	g
salt	50	g
freshly ground black pepper, ground	8	g
garlic	20	g

Nutrition and allergens	
Allergens:	
Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn	
Vitamins: A, B, B6, C, D, E, K	
Nutritional value of one portion	Value
Energy	25 kJ
Carbohydrate	3.5 g
Fat	0.8 g
Protein	0.9 g
Water	0 g

Directions

Mix the spices with the oil and clean the meat.
It is best to marinate 24 hours before roasting.
Cook on roasting trays, approximately 6 pieces each, in 40mm deep trays.
Use a temperature probe during the cooking process.

Recommended accessories

Enameled GN container