

# Light chicken stock (sousvide, clarified)

Cuisine: German

Food category: Poultry



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## Program steps

1 Steaming Termination by time 05:00 hh:mm 85 °C + 60 %

## Ingredients - number of portions - 1

Name	Value	Unit
chicken meat on the bone	2	kg
shiitake mushrooms	10	g
onion	120	g
leek	40	g
celeriac	80	g
yellow carrot	60	g
parsley root	60	g
parsley	5	g
sea-salt	8	g
thyme	1	g
rosemary	2	g
fresh tarragon	1	g
white peppercorns	2	g
water	800	ml
protein	30	g

## Directions

1 serving corresponds to 1 liter of stock. Put everything together in a sousvide bag and cook as follows: 5 hours at 85°C in steaming mode with 60% fan speed. Then strain the stock through a strainer cloth, we get approx. 1000 ml. If necessary, remove the chicken meat from the bone and process it further in the kitchen, preferably as a fricassee or as a side dish to a salad.

## Nutrition and allergens

Allergens: 9

Minerals: Ca, 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	2794.9 kJ
Carbohydrate	34.7 g
Fat	83.7 g
Protein	469 g
Water	0 g

## Recommended accessories



GN container Stainless steel perforated