

# French Fries Mar Jasha

Cuisine: Other

Food category: Poultry



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## Program steps

1	Huhn Mar Jasha	Combination	100 %	Termination by time	00:15	hh:mm	145 °C	+ 80 %	✕
2	wenden	Combination	100 %	Termination by time	00:15	hh:mm	145 °C	+ 80 %	✕
3	wenden	Combination	100 %	Termination by time	00:15	hh:mm	145 °C	+ 80 %	✕
4	Geröstete Erdnüsse	Hot air	0 %	Termination by time	00:12	hh:mm	170 °C	+ 80 %	✕
5	Tomatensalsa	Combination	100 %	Termination by time	00:20	hh:mm	145 °C	+ 80 %	✕
6	French Fries - Tiefkühlware	Hot air	0 %	Termination by time	00:01	hh:mm	250 °C	+ 100 %	✕
7		Hot air	0 %	Termination by time	00:19	hh:mm	220 °C	+ 100 %	✕
8	French Fries - Frischware	Hot air	0 %	Termination by time	00:01	hh:mm	230 °C	+ 100 %	✕
9		Hot air	0 %	Termination by time	00:12	hh:mm	190 °C	+ 100 %	✕

## Ingredients - number of portions - 4

Name	Value	Unit
french fries	800	g
chicken breast	600	g
peanut butter	20	g
cashew butter	20	g
yellow peppers	80	g
garlic	8	g
lime juice	20	ml
ginger root, peeled and finely chopped	8	g
sea-salt	8	g
turmeric	1	g
ground white pepper	2	g
curry powder	3	g
smoked curry	0.5	g
garam masala	5	g
coconut milk	100	ml

## Directions

Soak the white beans in water overnight. The next day, strain the beans and wash them thoroughly. Then let the white beans simmer gently in salted water for 30 minutes. Then drain. Now put all the ingredients in a coated GN container and bake in the combi steamer as follows:

Combination steam 145°C, 50% humidity, 80% fan speed, 45 minutes, stirring once every 15 minutes. After baking, remove the bay leaves and cloves.

For the chicken Mar Jasha Style: Put everything apart from fries together in a coated GN container and stir well, then let it braise in combination steam mode with 100% humidity, 145°C, for 45 minutes at 80% fan speed and stir once every 15 minutes.

Roasted peanut kernels: Mix everything and then roast in a coated GN container at 170°C in hot air mode with the vapor flap open for 12 minutes with a fan speed of 80%. Yoghurt sauce: Mix all ingredients well.

Tomato salsa: Put everything together in a coated GN container and stir well, then let it braise in combination steam mode with 100% humidity, 145°C, for 20 minutes at 80% fan speed.

French fries / 1st program for frozen goods:

Let the combi oven preheat, then 1 minute at 250°C dry heat with

cream 12%	400	ml
poultry stock	200	ml
chickpeas	120	g

Name	Value	Unit
chili powder	1	pcs
garlic	4	g
shallot	80	g
tomato	450	g
olive oil	2	pcs
tomato puree	1	pcs
sea-salt	8	g
ground white pepper	1	g
Coriander leaves, finely chopped	2	g
parsley	4	g
apples	2	pcs

Name	Value	Unit
red onion	50	g
Coriander leaves, finely chopped	10	g
fresh chilli	1	pcs

Name	Value	Unit
fresh baby spinach	120	g

Name	Value	Unit
yogurt	120	g
cucumbers pickled	20	g
garlic	4	g
mint	2	g
parsley	4	g
sea-salt	3	g
ground white pepper	0.5	g

Name	Value	Unit
peanut kernels	100	g
vegetable oil	10	ml
bbq sauce	10	g

## Nutrition and allergens

Allergens: 1, 10  
 Minerals: Ca, CA, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Pektin, Se, Zn  
 Vitamins: A, B, C, Cholin, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	1138.6 kJ
Carbohydrate	106.7 g
Fat	47.7 g
Protein	62.2 g
Water	0 g

the humidity flap valve open, then depending on the thickness of the French fries, 17-21 minutes at 220°C dry heat with the steam flap open.

French fries / 2nd program for fresh produce:

Let the combi oven preheat, then 1 minute at 230°C dry heat with the steam flap open, then depending on the thickness of the French fries, 12-15 minutes at 190°C dry heat with the steam flap open. Season the fries with your own salt recipe and serve.

Tip: Use a frying basket equipped with a multiple Lotan® coating.