

French Spice Roast Chicken

Cuisine: **Chinese**

Food category: **Poultry**



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Program steps

Preheating: 180 °C

1	Combination	60 %	Termination by core probe temperature	60 °C	165 °C	90 %	
2	Hot air	10 %	Termination by core probe temperature	72 °C	190 °C	90 %	

Ingredients - number of portions - 1

Name	Value	Unit
whole chicken	1200	g

seasoning ingredients

Name	Value	Unit
butter soft	60	g
minced garlic	30	g
rosemary	10	g
thyme	10	g
onion	20	g
lime juice	50	ml
freshly ground black pepper, ground	3	g
salt	3	g
lemon peel	10	g

Nutrition and allergens

Allergens: 7

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, B6, C, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	2058.7 kJ
Carbohydrate	21.3 g
Fat	99.7 g
Protein	269.1 g
Water	0 g

Directions

The first stage

The garlic-flavored herb cream is evenly filled under the skin, the meat on the bottom is more flavorful, and the chicken skin on the top is more crispy.

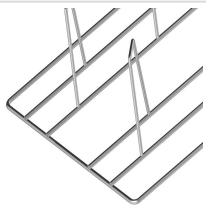
The chicken on the wire rack, and a variety of root vegetables that absorb chicken juice and fat can be placed in the grilling pot.

Steam roasting High humidity and medium temperature, steam cooks the whole chicken faster, reduces weight loss rate and increases water retention.

Second stage

Steam roasting to dry roasting, the dehumidification valve quickly removes the steam humidity in the oven cabin. About 10 minutes left in the baking process, put on the spiced cream, until the chicken skin is evenly golden and colored.

After the chicken breast reaches the center temperature of 72°C, take it out and let it stand at room temperature for about 10 minutes, until the roast chicken is stuffed until it is just cooked.



Wire shelving for chickens