

Crispy Roast Chicken

Cuisine: **Chinese**
Food category: **Poultry**



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Company: Retigo Asia



Program steps

Preheating:

175 °C

| | | | | | | | |
|---|---|--|---|---|--|--|---|
| 1 |  Combination |  40 % |  Termination by core probe temperature |  60 °C |  160 °C |  90 % |  |
| 2 |  Hot air |  10 % |  Termination by core probe temperature |  72 °C |  180 °C |  90 % |  |

Ingredients - number of portions - 1

| Name | Value | Unit |
|---------------|-------|------|
| whole chicken | 900 | g |

| Name | Value | Unit |
|----------------------|-------|------|
| salt | 10 | g |
| caster sugar | 10 | g |
| monosodium glutamate | 15 | g |
| seafood sauce | 30 | g |
| oyster sauce | 20 | g |
| five spices | 5 | g |
| minced garlic | 200 | g |
| dried ginger | 80 | g |
| onion | 80 | g |

Nutrition and allergens

Allergens:
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 | 1806 kJ |
| Carbohydrate | 132.1 g |
| Fat | 37.7 g |
| Protein | 215.9 g |
| Water | 0 g |

Directions

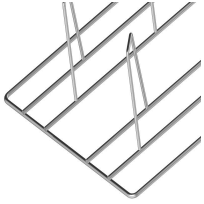
The first stage

- ◇ Considering the appearance of the crispy skin, the core temperature probe is inserted into the chicken leg for detection
- ◇ The core temperature probe is inserted into the thickest part of the chicken leg and sticks to the bone for the most accurate detection

second stage

- ◇ Steam roasting to dry roasting, the dehumidification valve quickly removes the steam humidity in the oven cabin environment
- ◇ After the chicken legs reach the center temperature of 72°C, take them out and let them stand at room temperature for about 15 minutes, until the chicken is stuffed until it is just cooked
- ◇ Traditional oil pouring operation, using steam oven to make program can record and save oil cost

Recommended accessories



Wire shelving for
chickens