

# Crispy Roast Chicken

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

















Author: **Gary CHIU**  
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

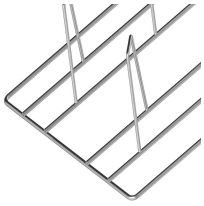
The first stage

- ◇ 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