

Spicy Crispy Baked Chicken Legs

Cuisine: **Chinese**

Food category: **Poultry**



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Program steps

Preheating: **205 °C**

1	Hot air	100 %	Termination by time	30:00 mm:ss	190 °C	100 %	
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Ingredients - number of portions - 5

Name	Value	Unit
chicken legs	250	g

Name	Value	Unit
garlic powder	15	g
onion powder	15	g
mixed spice powder	30	g
5 tbsp vegetable oil	200	ml
cornstarch	100	g

Nutrition and allergens

Allergens:

Minerals: Cu, Mg, P

Vitamins: A, C, D, E, K

Nutritional value of one portion	Value
Energy	193.7 kJ
Carbohydrate	25.9 g
Fat	5.1 g
Protein	10.9 g
Water	0 g

Directions

- ◇ Cut the joint bone of the chicken bone leg, marinate more delicious and cook faster.
- ◇ Marinate the chicken bone leg with all the seasonings for at least 24 hours.
- ◇ Put the chicken legs on the stainless steel flat net for cooking, and make the chicken skin even and beautiful.
- ◇ The marinated crispy pulp should be able to be grilled on the chicken legs, the thicker and crispier it is.
- ◇ Use the probe to cook, the production quantity is automatically detected by the equipment, and the time is more accurate.

Recommended accessories



Stainless wire shelving