

Teriyaki Chicken Drumstick

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




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Program steps


Preheating: 175 °C


1


 Combination


 50 %

 Termination by time

 15:00 mm:ss

 160 °C

 90 %



| Ingredients - number of portions - 1 | | |
|--------------------------------------|-------|------|
| Name | Value | Unit |
| boneless chicken | 280 | g |

| Teriyaki Sauce Recipe | | |
|-------------------------------------|-------|------|
| Name | Value | Unit |
| soy dipping sauce | 100 | ml |
| sake | 30 | ml |
| Mirin | 60 | ml |
| freshly ground black pepper, ground | 2 | g |
| salt | 2 | g |
| honey | 10 | g |
| sesame | 2 | g |
| ginger paste | 5 | g |
| RO water | 120 | g |

| Nutrition and allergens | |
|--|----------|
| Allergens: 11 Minerals: Ca, Cu, Fe, K, Mg, Mn, Na, P, Se, Zn Vitamins: A, B, B6, C, E, K, Kyselina listová | |
| Nutritional value of one portion | Value |
| Energy | 469.8 kJ |
| Carbohydrate | 18.6 g |
| Fat | 26.5 g |
| Protein | 37.1 g |
| Water | 0 g |

Directions

- ◇ Prepare 2 servings of teriyaki sauce recipe according to the proportion
- ◇ The first recipe uses marinated boneless chicken drumsticks (without honey)
- ◇ The second recipe is boiled in a pot and concentrated into a sauce
- ◇ It is recommended to marinate the boneless chicken drumsticks for more than 12 hours
- ◇ After marinating, absorb the water and put it on the baking tray, preheat the oven and cook
- ◇ There are 5 minutes left in the cooking time, take out the sauce and spread it evenly, so as not to burn the sauce too early

Recommended accessories



Vision Bake