

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 %	
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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