


Garlic Sea Salt Chicken Drumstick

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



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Program steps


Preheating:


245 °C


1


 Combination


 30 %

 Termination by time

 09:00 mm:ss

 230 °C

 90 %



Ingredients - number of portions - 1		
Name	Value	Unit
boneless chicken	250	g

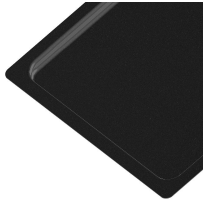
seasoning recipe		
Name	Value	Unit
rice wine	20	ml
sea-salt	3	g
ground white pepper	3	g
lemon	1	pcs
garlic crisp	5	g

Nutrition and allergens	
Allergens: Minerals: Ca, Co, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn Vitamins: A, B, C, Kyselina listová	
Nutritional value of one portion	Value
Energy	391 kJ
Carbohydrate	10.3 g
Fat	23 g
Protein	33.5 g
Water	0 g

Directions

- ◇ Remove the excess sebum from the boneless chicken thighs, cut off the tendons on the meat surface, and expand the volume
- ◇ Drizzle the chicken drumsticks with rice wine and marinate for 10 minutes, then absorb the water
- ◇ After the chicken drumsticks are dried and skewered, sprinkle sea salt and white pepper on both sides to season
- ◇ Use the aluminum alloy non-stick frying pan, the chicken skin is facing down and the high-temperature heat conduction effect is good. Fry until golden brown
- ◇ Chicken drumsticks are thick and bulky, so it is more accurate to use a temperature probe when making multiple portions
- ◇ Crispy chicken skin and juicy meat, served with lemon wedges and sea salt, easy to make izakaya dishes

Recommended accessories



Vision Bake