

# 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

