

Curried Yogurt Chicken Breast

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




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Program steps


Preheating: 80 °C


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 Steaming

 Termination by time

 01:00 hh:mm

 63 °C

 80 %



Ingredients - number of portions - 10		
Name	Value	Unit
chicken breast	500	g

Curry Yogurt Recipe		
Name	Value	Unit
yogurt	60	g
minced garlic	10	g
curry powder	10	g
ground caraway	5	g
fresh peppers	25	g
Coriander leaves, finely chopped	30	g
bay leaf	2	g
freshly ground black pepper, ground	3	g
salt	10	g

Nutrition and allergens	
Allergens: Minerals: Mg, Zn Vitamins: A, B, B6, C, E, K	
Nutritional value of one portion	Value
Energy	66.5 kJ
Carbohydrate	1.2 g
Fat	1.5 g
Protein	12.2 g
Water	0 g

Directions

- *Taiwan Premium Chicken Breast
- ◇ Marinate the chicken breast with the seasoning marinade and store in the refrigerator for 24 hours
 - ◇ Before steaming, place the chicken breast vacuum bag at room temperature, and return to room temperature for more accurate cooking time
 - ◇ Vacuum packaging is placed on the stainless steel grill, do not stack each other, which will affect the uniform heating
 - ◇ Complete ice water cooling, heat expansion and contraction increase firm taste, reduce the risk of microbial growth
 - ◇ For Shufei, please note that the sterilization temperature must meet the safety standards, and the standards for chicken, pig, fish and cattle are different

Recommended accessories



Stainless wire shelving