

# Curried Yogurt Chicken Breast

Cuisine: Chinese

Food category: Poultry



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## Program steps

Preheating: 80 °C

1 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