

K-Pop Korean BBQ Drumsticks

Cuisine: **Other**

Food category: **Poultry**

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Program steps

Preheating: 230 °C

1	Combination	50 %	Termination by core probe temperature	85 °C	210 °C	80 %	
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Ingredients - number of portions - 5

Name	Value	Unit
Chicken, Drumsticks	1	kg
Poultry seasoning	30	g
Korean bbq sauce	50	g
Korean mix lettuce	30	g
White sesame seeds	5	g

Nutrition and allergens

Allergens: Sesame, soy, wheat

Minerals: Calcium, Iron, Magnesium, Phosphorus, Potassium, Zinc

Vitamins: Folate, Niacin, Thiamin

Nutritional value of one portion	Value
Energy	465.3 kJ
Carbohydrate	7 g
Fat	26.8 g
Protein	41 g
Water	139.1 g

Directions

1. Select core probe mode, set 85 °C and close door to begin preheating.
2. In a bowl, mix the cleaned drumsticks with poultry seasoning and place onto a pre-oiled Vision Bake 1/1.
3. When ready, remove drumsticks and toss in a large stainless steel bowl with the Korean bbq sauce and sesame seeds. Place into serving containers and garnish with lettuce.

Recommended accessories



Vision Bake