

Korean Spicy Braise Chicken

Cuisine: **Other**

Food category: **Poultry**

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Program steps

Preheating: **190 °C**

1 Combination 50 % Termination by time 01:30 hh:mm 160 °C 80 %

Ingredients - number of portions - 10

Name	Value	Unit
Water	1	l
Large prices of Dried Kelp	100	g
Chicken Thighs cut into 1 x 1 pieces	500	g
Soy sauce	50	ml
Minced Garlic	10	g
Gochujang (Red Paste Paste)	30	g
Gochugaru (Korean Red Pepper Flakes)	20	g
Rice Syrup	10	g
Sesame oil	20	ml
Onions large 2 x 2 dice	100	g
Large Potatoes peeled and large dice 2x2	200	g
Serrano Chilies thinly sliced	15	g
green onions cut on the bias	10	g

Nutrition and allergens

Allergens: SESAME, Soy

Minerals: Calcium, Iron, Magnesium, Potassium, Sodium

Vitamins: A, B vitamins, C, E, K

Nutritional value of one portion	Value
Energy	168.8 kJ
Carbohydrate	13.9 g
Fat	8.3 g
Protein	11.3 g
Water	62.5 g

Directions

1. Place water and seaweed in a Enameled GN1/1.
2. Select Programs>Poultry>Stewed Chicken Legs>135°C Target Temperature.
3. Place pan in unit and probe in the center of the pan.
4. When target temp is reached and Braise for 90 minutes.
5. Remove seaweed reserve stock for later.

Recommended accessories



Enameled GN
container