

Chicken Frango

Cuisine: **Spanish**
Food category: **Poultry**





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Company: **Retigo**





Program steps


1


 Hot air


 100 %

 Termination by time


 00:35 hh:mm


 200 °C


 100 %





2


 Hot air


 0 %

 Termination by time

 00:03 hh:mm

 200 °C

 100 %



Ingredients - number of portions - 4

Name	Value	Unit
Chicken	1	pcs
Red pepper paste	60	g
July wine	150	ml
Garlic cloves	5	pcs
Ground smoked paprika	40	g
4 tble spoons Olive Oil	50	ml

Nutrition and allergens

Allergens:
Minerals: K, Ph
Vitamins: C

Nutritional value of one portion	Value
Energy	0 kJ
Carbohydrate	0 g
Fat	0 g
Protein	0 g
Water	0 g

Directions

1. Prepare the chicken: Use poultry shears to remove the backbone and gently press the breastbone down to lay the chicken flat.

2. Marinade: Mix Masa de Pimentel, red wine, garlic, smoked paprika and olive oil, taste and check for saltiness.


3. Marinate: Massage the marinade under the skin of the chicken and spread the rest on the surface.
Let rest in the refrigerator for at least 2 hours (ideally overnight).

4. Grill: Grill, basting occasionally with the remaining marinade.

5. Serve: Serve with grilled potatoes or vegetables.

This recipe brings out an authentic Portuguese flavor with a subtle spicy touch.

Recommended accessories



Stainless wire shelving