

Roasted chicken stock with ginger

Cuisine: **English**
Food category: **Poultry**



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Program steps

Preheating:

225 °C

1	Hot air	100 %	Termination by time	00:30 hh:mm	210 °C	70 %	
2	Combination	50 %	Termination by time	01:30 hh:mm	130 °C	70 %	

Ingredients - number of portions - 10		
Name	Value	Unit
chicken legs	10	pcs
onion	4	pcs
Carrot	6	pcs
celery sticks	6	pcs
garlic bulb cut in half	1	pcs
ginger root, peeled and finely chopped	40	g
Salt	5	g
4 tble spoons Olive Oil	30	ml
water	2.5	l

Nutrition and allergens	
Allergens: 9	
Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn	
Vitamins: A, B, C, E, K, Kyselina listová	
Nutritional value of one portion	Value
Energy	3.2 kJ
Carbohydrate	0.7 g
Fat	0 g
Protein	0.1 g
Water	0 g

Directions

Using deep cast iron GN or enameled GN. Preheat it in the oven then add some oil and chicken thighs. Roast for couple of minutes and turn over. After about 10 minutes add all vegetables and roast for further 20 minutes stirring through occasionally. You should have nicely roasted golden coloured mixture of meat and vegetables. Add water and salt and let braise for an hour and a half. You should end up with golden coloured stock. Pass it through sieve, check for seasoning and serve as desired.

Recommended accessories



Enameled GN
container