

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 |
| 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