

Sticky barbecue chicken wings and drumsticks

Cuisine: Chinese

Food category: Poultry



Author: Jaroslav Mikoška

Company: Retigo



Program steps

Preheating: 250 °C

1	Combination	50 %	Termination by time	00:15	hh:mm	150 °C	100 %	
2	brush with rest of the marinade							
	Hot air	30 %	Termination by time	00:15	hh:mm	200 °C	100 %	

Ingredients - number of portions - 6

Name	Value	Unit
chicken legs	6	pcs
chicken wings	6	pcs
honey	30	g
ginger root, peeled and finely chopped	1	pcs
garlic cloves, finely chopped	1	pcs
five spices	3	g
soy dipping sauce	15	ml
orange marmelade	10	g
orange peel	1	g
sesame oil	15	ml

Nutrition and allergens

Allergens:

Minerals: Ca, Cu, Fe, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, C, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	23.3 kJ
Carbohydrate	5.5 g
Fat	0 g
Protein	0.1 g
Water	0 g

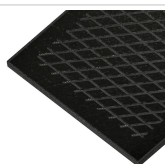
Directions

Slash the chicken drumsticks three to four times each with a sharp knife and place in a bowl with the chicken wings. Mix together all of the marinade ingredients and pour over the chicken. Leave to marinate for at least 2 hours, or overnight if you can, turning occasionally.

Once it has marinated, preheat Retigo combi oven on a combi mode 50%, 250°C with Retigo Vision grill in, after preheating reduce the temperature down to 150°C and cook for about 15 minutes. Open the door, brush with the marinade, turn and shut the door. The second step will be on hot air mode 30%, 200°C for another 15 minutes.

To check it is cooked, pierce a drumstick with a skewer: if the juices are still pink, carry on cooking.

Recommended accessories



Vision Grill