

# Roasted chicken with oranges

Cuisine: **English**

Food category: **Poultry**

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Company: **Retigo**



## Program steps

Preheating: 160 °C

1	Combination	80 %	Termination by time	01:00 hh:mm	145 °C	80 %	
2	Hot air	50 %	Termination by time	00:25 hh:mm	190 °C	100 %	

## Ingredients - number of portions - 4

Name	Value	Unit
whole chicken	1400	g
orange	1	pcs
caster sugar	50	g
Coriander leaves, finely chopped	20	g
mint	10	g
olive oil	50	ml
five spices	10	g
caraway seeds	5	g
salt	15	g
freshly ground black pepper, ground	2	g
ground red pepper	10	g
water	150	ml

## Nutrition and allergens

Allergens:

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, B6, C, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	514.8 kJ
Carbohydrate	16.3 g
Fat	14.7 g
Protein	77.9 g
Water	0 g

## Directions

We wash the orange and cut it into 5 mm thick slices, place them in a small saucepan, cover with water, boil for 2 minutes, and drain (removing the bitterness of the orange). In a clean pot, we pour water, add sugar, bring to a boil, add the blanched oranges, and simmer for 10 minutes. Let cool, then add chopped coriander and mint.

We wash the chicken, dry it, and start separating the skin from the meat at the neck, then we stuff the chicken with oranges and herbs.

In a bowl, we mix olive oil with Chinese five-spice powder (garlic, ginger, cinnamon, cloves, coriander), add paprika, fennel seeds, and coat the chicken with this mixture. Finally, we salt and pepper it. We add a little water to the chicken, and while roasting, we baste it with the juices. We roast until done.

We serve it with root vegetables.

## Recommended accessories



Enameled GN  
container