

Pasta red peppers with sous-vide chicken supreme

Cuisine: Italian
Food category: Poultry



Author: Jaroslav Mikoška

Company: Retigo



Program steps

Preheating: 68 °C

1

Combination

50 %

Termination by time

02:00 hh:mm

68 °C

50 %

2

take out the chicken and insert the peppers

Hot air

100 %

Termination by time

00:10 hh:mm

250 °C

100 %

3

take out the peppers and insert the chicken supreme in

Hot air

0 %

Termination by time

00:01 hh:mm

220 °C

100 %

Ingredients - number of portions - 2		
Name	Value	Unit
chicken supreme	2	pcs
butter soft	100	g
salt	1	g
freshly ground black pepper, ground	1	g
mixed peppers	3	pcs
whipped cream 33%	150	ml
onion	1	pcs
sprig of parsley	10	g
5 tbsp vegetable oil	50	ml

Nutrition and allergens	
Allergens: 7	
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	378.5 kJ
Carbohydrate	0.9 g
Fat	41.6 g
Protein	0.6 g
Water	0 g

Directions

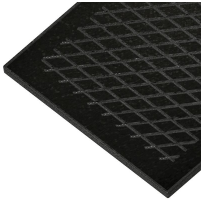
Season the chicken with salt and pepper, put nob of butter on it and put it in a sous-vide bag. Set the Retigo combi oven to combi mode 50%, 68°C for 2 hours.

Place the red peppers in any GN container, set the Retigo combi oven on hot air mode 250°C for about 10 minutes and insert the GN container in. Once finished take out the peppers and put them in a separate bowl and cover with foil. Leave this for about 5 minutes. After that peel them and remove the seeds.

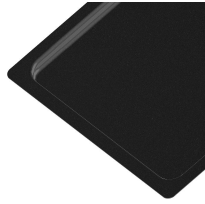
Meanwhile make the sauce by chopping the onion, put oil in a pan and fry the onion untill light brown. Add the pepper and blend it with a stick blender. Put the pot back on the stove and add cream, season with salt and pepper a finish with butter.

Cook the pasta, mix it with sauce and chopped parsley and serve grilled and sliced sous-vide chicken (hot air, 220°C, 1 minute) on the top of the pasta. You can garnish with fresh basil leaves.

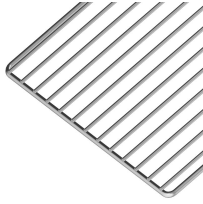
Recommended accessories



Vision Grill



Vision Bake



Stainless wire shelving