

# Teriyaki Chicken Drumstick

Cuisine: **Chinese**  
Food category: **Poultry**



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## Program steps

Preheating: 175 °C

1

 Combination

 50 %

 Termination by time

 15:00 mm:ss

 160 °C

 90 %



| Ingredients - number of portions - 1 |       |      |
|--------------------------------------|-------|------|
| Name                                 | Value | Unit |
| boneless chicken                     | 280   | g    |

| Teriyaki Sauce Recipe               |       |      |
|-------------------------------------|-------|------|
| Name                                | Value | Unit |
| soy dipping sauce                   | 100   | ml   |
| sake                                | 30    | ml   |
| Mirin                               | 60    | ml   |
| freshly ground black pepper, ground | 2     | g    |
| salt                                | 2     | g    |
| honey                               | 10    | g    |
| sesame                              | 2     | g    |
| ginger paste                        | 5     | g    |
| RO water                            | 120   | g    |

| Nutrition and allergens                                                                                          |          |
|------------------------------------------------------------------------------------------------------------------|----------|
| Allergens: 11<br>Minerals: Ca, Cu, Fe, K, Mg, Mn, Na, P, Se, Zn<br>Vitamins: A, B, B6, C, E, K, Kyselina listová |          |
| Nutritional value of one portion                                                                                 | Value    |
| Energy                                                                                                           | 469.8 kJ |
| Carbohydrate                                                                                                     | 18.6 g   |
| Fat                                                                                                              | 26.5 g   |
| Protein                                                                                                          | 37.1 g   |
| Water                                                                                                            | 0 g      |

Directions

◇ Prepare 2 servings of teriyaki sauce recipe according to the proportion

◇ The first recipe uses marinated boneless chicken drumsticks (without honey)

◇ The second recipe is boiled in a pot and concentrated into a sauce

◇ It is recommended to marinate the boneless chicken drumsticks for more than 12 hours

◇ After marinating, absorb the water and put it on the baking tray, preheat the oven and cook

◇ There are 5 minutes left in the cooking time, take out the sauce and spread it evenly, so as not to burn the sauce too early

## Recommended accessories



Vision Bake