

White chopped native chicken drumsticks

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



Author: **Gary CHIU**
Company: **Retigo Asia**



Program steps

Preheating: 99 °C

1

 Steaming

 Termination by core probe temperature

 76 °C

 95 °C

 80 %



Ingredients - number of portions - 8		
Name	Value	Unit
chicken legs	250	g

Name	Value	Unit
rice wine	80	g
Sesame oil	100	ml
Salt	60	g
ginger root, peeled and finely chopped	20	g
onion	10	g
ground white pepper	5	g

Nutrition and allergens

Allergens: SESAME
Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se,
Sodium: 38758 mg, Zn
Vitamins: A, B, C, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	56.7 kJ
Carbohydrate	1.3 g
Fat	2.9 g
Protein	6.2 g
Water	0 g

Directions

◇ Squeeze the chicken drumsticks with scallions and ginger slices, marinate with salt, white pepper and rice wine for 1 hour

◇ Stainless steel flat net is used, and the local chicken legs are steamed with a flat net for even heating and good effect

◇ Steaming at 95°C and center temperature at 76°C, this parameter makes the meat soft and tender with high water content

◇ After steaming out of the oven, quickly cool down and let stand, do not soak in ice water to lose chicken juice

◇ After cooling, remove the bone and slice, place on a plate, add shredded ginger and green onion, and drizzle with sesame oil

Recommended accessories



Stainless wire shelving