

# Curried Yogurt Chicken Breast

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



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## Program steps

Preheating: 80 °C

1

 Steaming

 Termination by time

 01:00 hh:mm

 63 °C

 80 %



| Ingredients - number of portions - 10 |       |      |
|---------------------------------------|-------|------|
| Name                                  | Value | Unit |
| chicken breast                        | 500   | g    |

| Curry Yogurt Recipe                 |       |      |
|-------------------------------------|-------|------|
| Name                                | Value | Unit |
| yogurt                              | 60    | g    |
| minced garlic                       | 10    | g    |
| curry powder                        | 10    | g    |
| ground caraway                      | 5     | g    |
| fresh peppers                       | 25    | g    |
| Coriander leaves, finely chopped    | 30    | g    |
| bay leaf                            | 2     | g    |
| freshly ground black pepper, ground | 3     | g    |
| salt                                | 10    | g    |

| Nutrition and allergens                                       |         |
|---------------------------------------------------------------|---------|
| Allergens:<br>Minerals: Mg, Zn<br>Vitamins: A, B, B6, C, E, K |         |
| Nutritional value of one portion                              | Value   |
| Energy                                                        | 66.5 kJ |
| Carbohydrate                                                  | 1.2 g   |
| Fat                                                           | 1.5 g   |
| Protein                                                       | 12.2 g  |
| Water                                                         | 0 g     |

## Directions

- \*Taiwan Premium Chicken Breast
- ◇ Marinate the chicken breast with the seasoning marinade and store in the refrigerator for 24 hours
  - ◇ Before steaming, place the chicken breast vacuum bag at room temperature, and return to room temperature for more accurate cooking time
  - ◇ Vacuum packaging is placed on the stainless steel grill, do not stack each other, which will affect the uniform heating
  - ◇ Complete ice water cooling, heat expansion and contraction increase firm taste, reduce the risk of microbial growth
  - ◇ For Shufei, please note that the sterilization temperature must meet the safety standards, and the standards for chicken, pig, fish and cattle are different

## Recommended accessories



Stainless wire shelving