

# Grilled Shufa Chicken Breast

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



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



## Program steps

Preheating: 75 °C

|   |                                                                                               |                                                                                        |                                                                                                       |                                                                                               |                                                                                            |                                                                                          |                                                                                     |
|---|-----------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| 1 |  Steaming    |                                                                                        |  Termination by time |  01:30 hh:mm |  63 °C  |  80 % |  |
| 2 |  Combination |  30 % |  Termination by time |  03:00 mm:ss |  250 °C |  90 % |  |

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

| Name                                   | Value | Unit |
|----------------------------------------|-------|------|
| garlic paste                           | 10    | g    |
| onion juice                            | 10    | ml   |
| ginger root, peeled and finely chopped | 10    | ml   |
| dry white wine                         | 50    | ml   |
| ground smoked paprika                  | 3     | g    |
| freshly ground black pepper, ground    | 3     | g    |
| sea-salt                               | 3     | g    |
| olive oil                              | 150   | ml   |
| a sprig of thyme                       | 5     | g    |

| Nutrition and allergens                                                                                          |         |
|------------------------------------------------------------------------------------------------------------------|---------|
| Allergens:<br>Minerals: Ca, Cu, Fe, K, Mg, Mn, Na, P, Se, Zn<br>Vitamins: A, B, B6, C, D, E, K, Kyselina listová |         |
| Nutritional value of one portion                                                                                 | Value   |
| Energy                                                                                                           | 57.5 kJ |
| Carbohydrate                                                                                                     | 0.7 g   |
| Fat                                                                                                              | 1.1 g   |
| Protein                                                                                                          | 11.6 g  |
| Water                                                                                                            | 0 g     |

## Directions

\*Taiwan Premium Chicken Breast

The first stage

Put the chicken breast and marinade in the vacuum packaging bag, press the hand or massage with equipment after vacuum packaging, to help marinate and taste

Refrigerate and marinate for at least 24 hours before use

Before steaming, put the vacuum bag of chicken breasts at room temperature in advance, and return to room temperature to start the production time is more accurate

Please note that the sterilization temperature must meet the safety standards for low-temperature fertilizer, and the standards for chicken, pig, fish and cattle are different

second stage

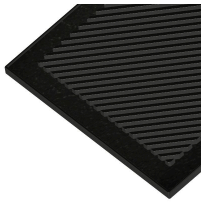
After the steaming is completed, the ice water cools down quickly, heat expands and contracts with cold to increase the firm taste and reduce the risk of microbial growth

Before baking, unpack the vacuum packaging bag to absorb the moisture on the surface. The drier the surface, the better the branding effect

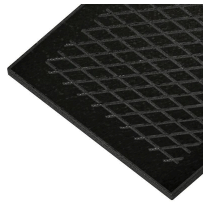
Before making, put the cooked chicken breast vacuum bag at room temperature in advance, or soak it in warm water, the making time is more accurate

Avoid taking out the refrigerator and cooking directly in the oven, the cooking time is short and the temperature difference between inside and outside, the center is not completely heated

## Recommended accessories



Vision Grill Diagonal



Vision Grill



Vision Express Grill