

Korean Spicy Braise Chicken

Cuisine: Other
Food category: Poultry

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Program steps

Preheating: 190 °C

1

Combination

50 %

Termination by time

01:30 hh:mm

160 °C

80 %

Ingredients - number of portions - 10		
Name	Value	Unit
Water	1	l
Large prices of Dried Kelp	100	g
Chicken Thighs cut into 1 x 1 pieces	500	g
Soy sauce	50	ml
Minced Garlic	10	g
Gochujang (Red Paste Paste)	30	g
Gochugaru (Korean Red Pepper Flakes)	20	g
Rice Syrup	10	g
Sesame oil	20	ml
Onions large 2 x 2 dice	100	g
Large Potatoes peeled and large dice 2x2	200	g
Serrano Chilies thinly sliced	15	g
green onions cut on the bias	10	g

Directions

1. Place water and seaweed in a Enameled GN1/1.

2. Select Programs>Poultry>Stewed Chicken Legs>135°C Target Temperature.

3. Place pan in unit and probe in the center of the pan.

4. When target temp is reached and Braise for 90 minutes.

5. Remove seaweed reserve stock for later.

Nutrition and allergens	
Allergens: SESAME, Soy Minerals: Calcium, Iron, Magnesium, Potassium, Sodium Vitamins: A, B vitamins, C, E, K	
Nutritional value of one portion	Value
Energy	168.8 kJ
Carbohydrate	13.9 g
Fat	8.3 g
Protein	11.3 g
Water	62.5 g

Recommended accessories



Enameled GN
container