

Chicken curry

Cuisine: **South-East Asian**

Food category: **Poultry**



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Program steps

Preheating: 190 °C

1	 Hot air	 100 %	 Termination by time	 06:00 mm:ss	 190 °C	 100 %	
2	 Combination	 70 %	 Termination by time	 15:00 mm:ss	 180 °C	 100 %	

Ingredients - number of portions - 10

Name	Value	Unit
Chicken Thighs cut into 1 x 1 pieces	1	kg
curry powder	50	g
Shallots puree	100	g
Garlic puree	30	g
Ginger puree	30	g
Dried red chilli paste	20	g
Coconut milk	300	ml
Salt	10	g
Brown Sugar	20	g
Tomato Puree	70	g
Curry leaf	20	g

Nutrition and allergens

Allergens: Minerals: Calcium, Iron, Magnesium, Phosphorus, Potassium, Sodium, Sodium: 38758 mg, Zinc Vitamins: A, B1, B2, B3, B5, B6, C, E, K	
Nutritional value of one portion	Value
Energy	267.3 kJ
Carbohydrate	7.3 g
Fat	16 g
Protein	19.3 g
Water	80 g

Directions

Marinate all the ingredients together and refrigerate for 30 minutes.

Place the chicken in the enameled GN container, sear for 6 minutes.

Add a little water and braised for 10 minutes. Add coconut milk, curry leaves and continue to braised for another 5 minutes.

Recommended accessories



Enameled GN
container