

Sticky barbecue chicken wings and drumsticks

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




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Company: **Retigo**





Program steps


Preheating: 250 °C


1


 Combination


 50 %

 Termination by time


 00:15 hh:mm


 150 °C


 100 %





2 brush with rest of the marinade


 Hot air


 30 %

 Termination by time

 00:15 hh:mm

 200 °C

 100 %



Ingredients - number of portions - 6		
Name	Value	Unit
chicken drumstick	6	pcs
chicken wings	6	pcs
clear honey	30	g
3cm piece fresh root ginger, peeled and grated	1	pcs
garlic clove, crushed	1	pcs
chinese five spice	3	g
soy sauce	15	ml
orange marmelade	10	g
grated orange zest	1	g
sesame oil	15	ml

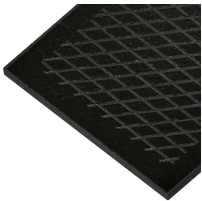
Directions

Slash the chicken drumsticks three to four times each with a sharp knife and place in a bowl with the chicken wings. Mix together all of the marinade ingredients and pour over the chicken. Leave to marinate for at least 2 hours, or overnight if you can, turning occasionally.

Once it has marinated, preheat Retigo combi oven on a combi mode 50%, 250C with Retigo Vision grill in, after preheating reduce the temperature down to 150C and cook for about 15 minutes. Open the door, brush with the marinade, turn and shut the door. The second step will be on hot air mode 30%, 200C for another 15 minutes.

To check it is cooked, pierce a drumstick with a skewer: if the juices are still pink, carry on cooking.

Recommended accessories



Vision Grill