


Spring Onion & Ginger Chicken Strips

eikon® e1s

 01:15







This recipe is available for:

- eikon® e2s HP (2000W)
- eikon® e1s




Accessories:

e1s/e2s Full Size Cooking Tray 32Z4080 (Black), 32Z4100 (Red), 32Z4093 (Green), 32Z4101 (Blue) Paper Bag

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-  260 °C
-  Chilled 4°C
-  1 Portion
-  From Raw

Stage 1

-  01:15
-  80 %
-  100 %

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Ingredients

- 200 g Chicken Leg boneless without skin
- 2 pinch Salt
- 2 pinch White Pepper Powder
- 2 pinch Sugar
- 1 tsp Young Ginger finely chopped
- 1 tbs Spring Onions diced
- 30 ml Oyster Sauce
- 1 tbs Oil
- 1 tsp Garlic finely chopped
- 20 g Onion diced
- 10 ml Hua Diao Wine
- 100 ml Water
- 1 tsp Dark Soya Sauce
- 1 tbs Potato Starch
- 0.5 cup Water
- 4 pcs Big Red Chilli dried
- 20 g Cashew Nut roasted
- 3 pcs Spring Onions
- 5 g Red Chilli Julienne
- 20 g Green Leaves
- 1 pcs Paper Bag

1. Food Preparation

Cut the chicken into strips and marinate with salt, pepper, sugar, ginger, spring onions and 1/3 of oyster sauce and chill for 1 hour. Sear the garlic and onions in a hot pan with oil. Once they turn brown pour in the wine and let it glaze for 20-30 seconds. Pour in the remaining oyster sauce and water and bring it to a boil. Season with salt, pepper, sugar and soya sauce. Mix the starch with the 1/2 cup of water, pour into the sauce to thicken it. Put the sauce into the fridge to cool down. Cut the spring onions in 2,5 cm (1 inch) long strips and mix them with the chicken, dried red chillies, cashew nuts and the chilled sauce. Place the mixture in the paper bag and fold the bag down to close. Place it on the tray.

2. Cooking Instruction

Cook as per oven profile.

3. Food Serving Instruction

Remove the bag from the tray, open the bag, take the chicken out and serve. Use the green leaves and chilli julienne as garnish.