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

PROFILE

260 °C
Chilled 4°C
1 Portion
From Raw

Stage 1
01:15
80 %
100 %

RECIPE

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.

Note: Information emanating from Welbilt is given after exercise of all reasonable care and skills in its compilation, preparation and issue, but is provided without liability in its application and use. All cooking settings are guides only. Adjust cooking settings to allow for differing product weights and start temperatures. Always ensure that food save core temperature has been achieved prior to service.