



ROAST CHICKEN THIGHS



Tested on model:
CDT-107E



Weight before cooking:
8.650 g
Weight after cooking:
7.650 g



Servings:
25 pcs



Recommended tray:
3 nonstick t. GN 1/1
40 mm



Total time:
52'

PHASE									
1		0%	205°	10'	---	---	H	YES	C
2		90%	125°	35'	---	---	L	YES	C
3		5%	190°	7'	---	---	H	YES	O
4									
5									
6									

INGREDIENTS

Fresh chicken thighs: 7.950 g
Rosemary: 150 g
Sage: 100 g
Garlic: 100 g
Olive oil: 250 g
Salt and pepper: 100 g

PREPARATION

Remove any feathers or excess skin from the chicken thighs.

Chop the herbs with garlic and mix it with fine salt and oil and flavor the chicken.
Marinate for one night.

Preheat the oven.

Place the thighs on the trays and cook following the parameters.

Serve with baked potatoes or vegetables or stewed peas.