



Taste & Technology

Chicken Legs SV

Recipe number:

04.10.018

Starting material:

1000 g Chicken legs

Seasonings & additives:

20 g	Liq-Würz Gourmet MARINA	514300
30 g	Mirakel - Mama African Rub	1453700

Processing procedure:

Rub the Liqwürz Marina into the chicken legs and then massage in the seasoning.

Place in the shrink bag, vacuum seal and cook.

Art. No.: 990551 shrink bag 250x450

Preparation:

Cook in a water bath at +70°C for 2 hours.

Remove the cooked chicken legs from the bag and BBQ on all sides until crispy.

EU Food Information Regulation:

Chicken legs, rapeseed oil, seasoning, table salt, palm fat, carrots, spice extracts

Analysis:

Calorific value KJ	795 KJ
Calorific value Kcal	191 Kcal
Fat	13.1 g
Saturated fatty acids	4.1 g
Carbohydrates	0.6 g
Sugar	0.3 g
Protein	17.4 g
Sodium	0.5 g
Salt	1.1 g