

Pulled Chicken SV

Recipe number:

04.10.021

Starting material:

5000 g Chicken breast without skin5000 g Chicken leg without skin

Seasonings & additives:

1500 gBrine 15% for pulled meatER2007508250 gChicken seasoning salt FREE807010

Processing procedure:

Inject the chicken breast with 15% of the brine solution and massage the chicken seasoning salt into the meat.

Place in the shrink bag, vacuum seal and cook.

Art. No.: 990551 shrink bag 250x450

Preparation:

Cook in a water bath at +85°C for 4 hours.

Reserve the cooking juices from the bag and mix into the meat after it has been pulled.

Remove the cooked chicken breast from the bag and cook on all sides on the BBQ before pulling.

EU Food Information Regulation:

Chicken, chicken leg, potable water, table salt, starch, glucose syrup, seasoning, stabiliser: (E 500 Sodium carbonates, E 331 Sodium citrates), dextrose, natural flavouring, smoke

Analysis:

Calorific value KJ	519 KJ
Calorific value Kcal	124 Kcal
Fat	5.1 g
Saturated fatty acids	1.7 g
Carbohydrates	1.5 g
Sugar	0.3 g
Protein	17.8 g
Sodium	1.0 g
Salt	2.6 g