Breaded chicken nuggets with oven wedges and spicy ketchup

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制备过程	40 分钟
等待时间	1 小时
烘烤的时间：烘烤时间取决于机器	30 分钟
份	4
电器	Combair-Steam SL 自 2015 年

Potato wedges

1 kg potatoes, waxy, small

3 tbsp olive oil

Salt

Pepper

Quarter the potatoes lengthwise and season with olive oil, salt and pepper. Line the baking tray with baking paper and place the wedges on it.

Chicken nuggets

4 chicken breasts, each about 150 g

3 eggs

100 g flour

250 g breadcrumbs

Salt

Paprika

Herbes de Provence

Vegetable oil

Cut the chicken breasts into nugget-sized, about 3 cm large pieces.

将发酵桶预加热 热风+清蒸 到 **230 °C**

Prepare three bowls for breading: put the flour in one bowl, put the beaten eggs in the second bowl and put the breadcrumbs in the third bowl.

Season the pieces of chicken with the salt, paprika and herbes de Provence.

Dust the pieces of chicken in the flour, coat in the beaten egg and then roll in the breadcrumbs.

Cover the baking tray with baking paper and lay the breaded nuggets on it. Brush the nuggets with oil.

Put the baking tray with the wedges into the preheated cooking space at level 1. Bake.

放入糕点

在 热风+清蒸 期间为 **230 10** 分钟°C

Put the baking tray with the nuggets into the cooking space at level 3. Continue to bake.

放入糕点

在 热风+清蒸 期间为 **230 20** 分钟°C

Spicy ketchup

100 g sugar, white

100 g sugar, brown

2 cloves of garlic

2 onions, medium-sized

2 pieces of ginger, thumb-sized

1 tbsp parsley

1 tsp fennel seeds

1 tsp coriander seeds

1 tsp cloves, ground

1 pinch of curry powder

1 peperoncino

200 ml red wine

800 g peeled plum tomatoes

Caramelise both the white and brown sugar in a pan. Coarsely chop the garlic, onion, ginger and parsley. Add the ingredients from the spices to the peperoncino to the sugar. Mix well and deglaze with the red wine.

Allow to simmer for around 30 minutes until the mixture has thickened.

Add the tomatoes and allow to simmer for another 60 minutes.

Blend the ketchup well with a hand-held blender or a food processor and then strain through a sieve to remove any coarse pieces.

Allow to rest in a cool place for around 1 hour before serving. If the ketchup is too runny, simply thicken it with cornflour before blending.

小费

Enhance the flavour of the oven wedges by adding rosemary to the olive oil.

配件

2 baking trays

附加信息

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