Mixed grill barbecue

מתכון מאת V-ZUG Ltd.

Preparation	1 Hrs
Cooking time	15 Mins 30 Secs
מנות	4
התקן	Combair-Steam SL from 2015

Chicken wings

8 chicken wings

3 tbsp soy sauce

1 tbsp cane sugar

1 tbsp rice wine

1 tbsp five-spice powder

½ tsp garlic powder

½ tsp chilli powder

Pierce the chicken wings with a carving fork or skewer all over to help the marinade penetrate. Halve the chicken wings at the joint.

Mix the soy sauce, cane sugar, rice wine and the spice powders together in a bowl. Add the chicken wing pieces and coat well with the marinade. Put everything into a vacuum bag, vacuum seal on level 3 and chill in the refrigerator for 2 hours.

Chicken satay

8 chicken fillets

1 tbsp soy sauce, mild

1 tsp peanut oil, unroasted

1 tsp peanut butter

¼ lime, juice

For the chicken satay, mix all the ingredients together for the marinade. Coat the chicken fillets with the marinade, put into a vacuum bag, vacuum seal on level 3 and chill in the refrigerator for 2 hours.

Cubes of beef

400 g sirloin steak

½ tsp ginger powder

½ tsp cumin, ground

½ tsp nutmeg, ground

1½ tsp coriander, ground

1½ tsp salt

2 cloves of garlic

2 tbsp peanut oil, unroasted

2 tbsp soy sauce, mild

Cut the sirloin steak into 2.5 cm cubes. Peel and crush the clove of garlic and put into a bowl with the other ingredients. Mix in the cubes of beef. Put everything into a vacuum bag, vacuum seal on level 3 and chill in the refrigerator for at least 30 minutes or overnight.

Satay sauce

30 g peanuts, unsalted

100 ml coconut milk

1 tbsp peanut butter

2 tsp soy sauce, mild

½ tsp curry paste, red

Coarsely chop the peanuts, put into a saucepan along with the other ingredients and mix well. Bring the sauce to the boil and then simmer on a low heat for 10 minutes. Allow to cool down.

Arranging on a platter

(Pre-)heat cooking space to 230 °C with Hot air + steaming

Take the chicken wing pieces out of the bag, lay out on a lined baking tray and put into the preheated cooking space. Cook.

Put the food in

Hot air + steaming 230 °C for 9 Mins

Prepare

Take the chicken satay out of the bag and thread onto individual skewers. Take the beef out of the bag and thread on 2 to 3 cubes per skewer.

Place the skewers on the baking tray along with the chicken wing pieces. Continue cooking.

Hot air + steaming 230 °C for 6 Mins 30 Secs

1 Spring onion, green part

Sesame seeds, white

1 lemon

1 lime

Chilli flakes, dried

cumin, ground

Arrange the meat on a platter when done. Finely chop the green of the spring onion. Sprinkle the sesame seeds and the spring onion green over the chicken wing pieces. Cut the lemon and the lime into wedges. Sprinkle the chilli flakes and the cumin over the beef. Arrange the lemon wedges around the meat. Serve the satay sauce separately with the lime wedges.

אביזרים

Barbecue skewers

Baking tray

מידע נוסף

הופק ביום	11.12.2019