Breaded chicken nuggets with oven wedges and spicy ketchup

מתכון מאת V-ZUG Ltd.



Preparation	40 Mins
Resting time	1 Hrs
Cooking time	30 Mins
מנות	4
התקן	Combair-Steam SL from 2015

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.

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

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.

Put the pastry in

Hot air + steaming 230 °C for 10 Mins

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

Put the pastry in

Hot air + steaming 230 °C for 20 Mins

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.

עצות

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

אביזרים

2 baking trays

מידע נוסף

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