

Chicken Frango

Cuisine: Spanish
Food category: Poultry



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Program steps

1	 Hot air	 100 %	 Termination by time	 00:35	hh:mm	 200 °C	 100 %	
2	 Hot air	 0 %	 Termination by time	 00:03	hh:mm	 200 °C	 100 %	

Ingredients - number of portions - 4

Name	Value	Unit
Chicken	1	pcs
Red pepper paste	60	g
July wine	150	ml
Garlic cloves	5	pcs
Ground smoked paprika	40	g
Olive Oil	50	ml

Nutrition and allergens

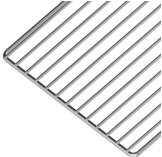
Allergens: Minerals: K, Ph Vitamins: C	
Nutritional value of one portion	Value
Energy	0 kJ
Carbohydrate	0 g
Fat	0 g
Protein	0 g
Water	0 g

Directions

1. Prepare the chicken: Use poultry shears to remove the backbone and gently press the breastbone down to lay the chicken flat.
2. Marinade: Mix Masa de Pimentel, red wine, garlic, smoked paprika and olive oil, taste and check for saltiness.
3. Marinate: Massage the marinade under the skin of the chicken and spread the rest on the surface.
Let rest in the refrigerator for at least 2 hours (ideally overnight).
4. Grill: Grill, basting occasionally with the remaining marinade.
5. Serve: Serve with grilled potatoes or vegetables.

This recipe brings out an authentic Portuguese flavor with a subtle spicy touch.

Recommended accessories



Stainless wire shelving