

Thai chicken wings with rice

This is a unique and light meal, chicken wings marinated in soy sauce and honey, rice seasoned with vegetables and some Oriental spices to give a special tasty touch.



3h30'



4 people

Ingredients

2 pz Chicken wings
10 cl Soy sauce
100 gr Fresh chili peppers
50 gr Honey
3 gr Cumin
2 gr Tabasco sauce
500 gr Onion
500 gr Red pepper
400 gr Carrots
200 gr Courgette
50 gr Coconut oil
600 gr Coconut milk
75 gr Red curry paste
50 gr Fresh coriander
200 gr Basmati rice
240 ml Water/Broth
2 gr Salt

Procedure

Make the marinade with the soy sauce, honey, chili pepper julienne, tabasco sauce, cumin and spread accurately on the chicken wings. Put in the vacuum bags and cook following the chart. When it's done, blast chill it.

PHASE	TEMPERATURE	TIME	PROBE	HUMIDITY	FAN	PRE-HEATING
1	158°F	120'	/	100%	V5	ON

Cut carrots, onions, courgettes and red peppers in stick. Season with coconut oil and a pinch of salt and cook it.

PHASE	TEMPERATURE	TIME	PROBE	HUMIDITY	FAN	PRE-HEATING
1	320°F	25'	/	10%	V5	ON

Dissolve the red curry in the coconut milk.
When the vegetables are cooked, add in the tray the chicken with all the juice and the coconut milk. Mix accurately and finish the cooking.
After that spread the grounded fresh coriander

PHASE	TEMPERATURE	TIME	PROBE	HUMIDITY	FAN	PRE-HEATING
1	338°F	30'	/	OFF	V5	ON

For cooking the rice, put it in a tray with water and salt.
Put a lid on it and cook following the chart below.

PHASE	TEMPERATURE	TIME	PROBE	HUMIDITY	FAN	PRE-HEATING
1	212°F	20'	/	100%	V5	ON

Chef's tips

It's better to use fresh chili peppers and coriander that make the dish more tasty and intense.
The red curry paste it can be found in some ethnic shops or in internet.
Cooking the rice with already hot water/broth will be quicker.