

Spicy Braised Chicken



Prep:

10 minutes

Total:

30 minutes

Sirve:

8 servings

Pieza:

Saladmaster Food Processor

12" Electric Oil Core Skillet

6.5 Qt. Double Walled Bowl

Valora: ★★★★★

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Descripción de la Receta:

Add a little kick to your chicken! Unlike conventional braised chicken, this Saladmaster Electric Skillet recipe cooks the chicken and the vegetables together. Even if you put vegetables with different cooking times, they will all cook to perfection while preserving its shape and aroma.

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8 chicken thighs, boneless and skinless

3 potatoes, cut into chunks

4 mushrooms, shiitake (or any of your choice), sliced, use

Cone #4

2 tbsp

cayenne pepper

1 tbsp
hot pepper paste
4 tbsp
soy sauce
1 tbsp
sugar
1 tbsp
garlic, shredded, use Cone #1
1 tbsp
ginger, shredded, use Cone #1
1 tsp
sesame oil
1 tsp
black pepper
2 hot peppers, chopped
2 red chilies, dried, chopped
1 spring onion, chopped

Preparación :

1. Wash the chicken, cut it apart and remove moisture. Slice and dice the vegetables into smaller chunks.
2. Preheat the skillet at 450°F / 230°C. While preheating, mix the chicken and vegetables with the hot pepper paste marinade.
3. Put the marinated chicken and potatoes in the skillet, top with mushrooms and cover.
4. When the Vapo-Valve™ begins to click, reduce temperature to 250°F/ 120°C and cook for 20 minutes.
5. Garnish with spring onions and serve on its own or over rice.

Información nutricional por ración

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Calorías:	208
Grasa Total:	9g
Grasa	2g
Saturada:	
Colesterol:	90mg
Sodio:	726mg
Carbohidratos:	16g
Fibra	2g
Dietética:	
Azúcar:	2g
Proteína:	23g