Induce









Schema of Bake Chicken

- Prepare the chicken carcass
- Wash the chicken
- Insert a roasting thermo meter into the thigh
- Season your drumsticks
- Sprinkle the ginger on the chicken
- Marinate the chicken
- Bake the blackened chicken in the oven or on the grill

Edit

Schema of Bake Fish

- Prepare the fish vourself
- Wash the fish
- Insert a roasting therm ometer into the thigh
- Season your fish
- Sprinkle the sauce on the fish
- Marinate the fish
- Bake the blackened fish in the oven or on the grill

Retrieve















