

Spatchcock Chicken

March 23rd, 2019

This recipe serves: 1

Prep Time: 00:30

Cook Time: 00:00

Spatch-cooked Chicken is a preparation method for whole Chicken. Spatch-cooked chicken can then be baked, grilled, poached or cooked any number of cooking methods. Spatch-cocking a chicken will help it to cook at a more uniform rate as it flattens the bird.

Ingredients:

1 Whole Chicken

Directions:

Remove the giblets.

Place the bird on a large plate or work space, chest down.

Locate the neck and the tail. Using good kitchen shears, cut down both sides of the spine, from the neck to the tail and remove the spine.

The spine can be thrown away or reserved to use in making Chicken Stock.

If you plan to Poach the Chicken, add the spine and giblets into your stock pot to flavor the broth.

Spread the ribs and lay the bird chest side up. Use the heel of your hand to press down on the center of the chest and flatten the bird.

To store the chicken, wrap the bird in plastic wrap and seal in a zip top bag. Freeze up to 6 months.