

A recipe by Cedar Gully Olives...

Spatchcock Chicken



A delicious, juicy roast chicken with the crispiest skin.

- INGREDIENTS -

- 1 x whole chicken (2-3 kg) , cut in the spatchcock style -see below
- Salt
- Dry Rub- store-bought or homemade
- Butter
- Fresh thyme
- Aluminium foil
- Baking tray

EXTRA:

Temperature probe or thermometer

- ABOUT SPATCHCOCK -

Spatchcock or butterfly chicken is a cut that cooks the meat quicker
Ask your butcher to cut for you
or

- Place the chicken on a board, backbone facing up.
- Cut out the backbone by cutting the ribs and remove it.
- Press down on the breasts and flatten the chicken.
- Turn the chicken over and cut off the wing tips.

- DIRECTIONS -

1. Season the chicken with salt on both sides the night before cooking, place in fridge.
2. Fire up your charcoal cooker and set your temperature to 180°C .
3. Bring the chicken to room temperature and pat it dry.
4. With your fingers make a pocket between the skin and the breast meat. Put in some butter and fresh thyme under the skin, then season both sides of the chicken with a rub.
5. Place the chicken on the grill , use thermometer to check breast temperature.
6. Cook for about 75 minutes or until breast temperature is 72°C
7. Remove chicken, wrap in foil and rest for 10 minutes before serving..



- Serve with your favourite roast chicken sides -

Use our premium Olive Wood Cooking Charcoal for best results.

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