

How To Spatchcock a Chicken

This technique—splitting, then flattening a chicken—yields a perfect roasted chicken in less time than a whole one takes. It also exposes more skin, which crisps up nicely at higher temperatures. The basic method is easy: start with these recipes and customize with your favorite ingredients. For a photo guide to this procedure: Make sure to get a copy of the May Issue of “Everyday Food.”

Basic Spatchcocking Method:

Any pan will do. For these recipes, you can use a roasting pan or a large cast-iron or heavy skillet.

1. Place 1 whole chicken (3-4 pounds), breast side down, on a work surface.
2. Starting at the thigh end, cut along one side of backbone with kitchen shears.
3. Turn chicken around; cut along other side. Discard or save backbone for stock.
4. Flip chicken over and open it like a book. Press firmly on breastbone to flatten.

Spatchcocked Chicken With Potatoes

Ingredients:

Serves 4

whole chicken (3-4 lbs)

coarse salt

ground pepper

4 thin lemon slices

4 sprigs thyme

1/2 lb quartered new potatoes

1 yellow onion

2 tsp. olive oil

Directions:

1. Preheat oven to 500 degrees. Season spatchcocked chicken with coarse salt and ground pepper.
2. Using your fingers, loosen skin from breast meat; tuck 4 thin lemon slices and 2 sprigs thyme between skin and meat.
3. Place chicken, breast side up, in a pan. In a bowl, toss 1/2 pound quartered new potatoes, 1 yellow onion, cut into 8 wedges, and 2 sprigs thyme with two teaspoons olive oil ; season with salt and pepper.
4. Add to pan. Roast chicken until juices run clear when pierced between breast and leg (an instant-read thermometer should read 165-degrees when inserted in thickest part of a thigh, avoiding bone), about 30-minutes. Let rest 5-minutes before carving.

Spatchcocked Chicken With Chickpeas

Ingredients:

Serves 4

whole chicken (3-4 lbs)

coarse salt

ground pepper

1 can (15.5 ounces) chickpeas

1 lime

cilantro leaves (garnish)

Directions:

1. Preheat oven to 500-degrees. season spatchcocked chicken with coarse salt and ground pepper and place, breast side up, in a pan.
2. Roast 15-minutes.
3. Remove from oven and add 1 can (15.5 ounces) chickpeas, rinsed and drained, to pan.
4. Roast chicken until juices run clear when pierced between breast and leg (an instant-read thermometer should read 165-degrees when inserted in thickest part of a thigh, avoiding bone), about 15-minutes.
5. Drizzle with fresh lime juice and sprinkle with cilantro leaves before carving.

Spatchcocked Chicken With Tomatoes

Ingredients:

Serves 4

whole chicken (3-4 lbs)

coarse salt

ground pepper

3 cloves garlic

1 pint cherry tomatoes

1 tsp olive oil

1/2 cup dry white wine

1/4 cup water



1/4 cup fresh basil leaves

Directions:

1. Preheat Oven to 500-degrees. Season spatchcocked chicken with coarse salt and ground pepper and place, breast side up, in a pan along with 3-unpeeled garlic cloves, smashed.
2. With the tip of a pairing knife, pierce 1-pint cherry tomatoes.
3. Add to pan and drizzle tomatoes with 1-teaspoon olive oil; season with salt and pepper.
4. Pour 1/2 cup dry white wine and 1/4 cup water into pan.
5. Roast chicken until juices run clear when pierced between the breast and leg (an instant-read thermometer should read 165-degrees when inserted in thickest part of a thigh; avoiding bone), about 30-minutes.
6. Let rest 5-minutes. Sprinkle with 1/4 cup fresh basil leaves, torn if large, before carving.

