



Spatchcock Chicken

A RECIPE BY AARON DARKES

Prep Time - 5 minutes

Servings - 2-4 people

Bake Time - 15-20 minutes

ingredients

- A whole chicken (3-4lbs)
- Onions
- Salt
- Pepper
- Oil

directions

- Preheat oven to 425°F
- Allow chicken to sit out at room temperature for approximately 30-40 minutes (this is not a dangerous amount of time for bacterial growth).
- Remove backbone of chicken, using kitchen shears cut along either side of the spine.
- Once spine is removed, flip chicken onto its open cavity and fan it out as far as it will allow.
- Once fanned out, press between the breast plate to flatten the chicken, you should end up cracking the breast bone.
- Oil the skin and season both the skin and the cavity with salt and pepper (most other seasonings will burn at the set oven temperature).
- Slice an onion into thin slices and spread over the roasting pan the chicken will be cooking in.
- When oven is preheated place chicken in the oven for 40-50 minutes or until skin is well browned.
- Allow the chicken to rest on the cutting board for at least 10 minutes before carving
- Have some towels ready because this is a very juicy chicken, and some juices will come out when carved, more will come out if you don't rest the chicken.

A close-up photograph of a roasted chicken in a pan, surrounded by various vegetables like carrots, onions, and mushrooms. The chicken is golden brown and has some charred spots. The vegetables are also roasted and look tender.

Bonus Sauce

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Cook Time - 10 minutes

ingredients

- 1/4 cup Chicken stock
- 2 Tbsp Lemon juice
- Onions that baked with the chicken

directions

- While the chicken is resting you can pour about 1/4 cup of chicken stock into the roasting pan.
- Use a wooden spoon and scrape up any brown bits.
- Pour mixture of onions and chicken stock into a shallow walled sauce pan.
- Add 2 TBSP of lemon juice and cook on high heat, stirring regularly.
- When the liquid is reduced enough that it covers the back of a spoon it's ready to be served with your chicken.