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From Freshwater, designed by
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Spatchcock Chicken

Serves 4

Ingredients

1 chicken
1 tablespoon maple sugar
2 tablespoons whole grain mustard
2 tablespoons hazelnut oil
2 teaspoons coarse salt
Freshly ground black pepper

Instructions

Preheat the oven to 425 degrees. Using kitchen scissors or a sharp knife, cut along one side of the backbone until the chicken opens. Cut along the other side of the backbone and remove it. Open up the bird and place it so it lies flat, breast side up, on a rimmed baking sheet. Press hard onto the center of the breast until you feel a pop and the breast lies somewhat flat.

In a small bowl, mix together the maple sugar, mustard, and oil. Rub this over the chicken. Roast the chicken until the juices run clear when the thickest part of the thigh is pricked with a fork and an instant read thermometer plunged into the thickest part of the breast reads 150 degrees, about 40 to 50 minutes.

Remove from the oven and allow the bird to rest for 10 minutes before carving.