BBQ+

RECIPE

SPATCHCOCK CHICKEN WITH LEMON AND HERBS ON THE BBQ

A whole chicken that cooks evenly: the breast stays juicy, the legs turn tender and the skin crackles. You cut out the backbone, flatten the bird and slide lemon herb butter under the skin. With apple wood and a hot, indirect BBQ, you are at the table in just over an hour.



INGREDIENTS

For 4 people

- 1 whole chicken of about 1.6 to 1.8 kg, skin-on, unseasoned (ask your poulterer or butcher to cut out the backbone)
- 8 g fine sea salt
- 60 g softened butter
- 2 unwaxed lemons
- 3 cloves garlic
- 3 tbsp finely chopped fresh herbs: thyme, rosemary and flat-leaf parsley
- 1 tsp sweet paprika and ½ tsp black pepper
- 1 tbsp olive oil

HOW TO MAKE SPATCHCOCK CHICKEN

1. With the breast side down, cut along both sides of the backbone with sturdy kitchen shears.
2. Flip the chicken over and press down firmly on the breastbone until it lies flat.
3. Snip off the wing tips and pat the chicken dry.
4. Sprinkle the salt all over the chicken and let it dry uncovered in the fridge for at least 4 hours, preferably overnight.
5. Mix the butter with the grated zest of one lemon, the crushed garlic, the herbs, the paprika and the pepper.
6. Gently loosen the skin from the breast and the legs with your fingers.
7. Spread the herb butter under the skin and smooth it out from the outside.
8. Rub a thin layer of olive oil over the skin.
9. Set up the BBQ for indirect cooking at 190 °C (375 °F) and add the apple wood to the coals.
10. Place the chicken skin side up away from the direct heat, with the legs towards the coals, as soon as the smoke runs thin and blue.
11. Insert a probe thermometer into the thickest part of the breast, without touching the bone.
12. Cook the chicken for about 45 minutes with the lid closed at 180 to 200 °C (355 to 390 °F), until the skin is golden brown.
13. Halve the second lemon and grill it cut side down over the coals for about 5 minutes.
14. Keep cooking the chicken for about 15 to 30 minutes, until the breast reaches 75 °C (167 °F), the legs 80 to 85 °C (176 to 185 °F) and the skin is crispy.
15. Rest the chicken for 10 minutes without foil, squeeze the grilled lemon over the top and cut the chicken into pieces.