

## SPATCHCOCK CHICKEN

(FROM NIGELLA LAWSON'S COOKBOOK – *NIGELLA BITES*)

1 spatchcocked chicken, marinated in:

Juice of 1 lemon

2 tablespoons black peppercorns (lightly crushed)

¼ cup olive oil

2 cloves garlic, peeled and bruised

To sprinkle over:

Sea salt

Handful of fresh parsley, chopped

Sit the birds in their marinade in a dish into which they fit snugly, cover with wrap and leave in the fridge, preferably overnight or for 24 hours, though even a couple hours will have an effect.

Preheat outdoor grill to med – high. When the grill is good and hot, lift the chicken out of the marinade and cook on the grill until the flesh has lost all raw pinkness but is still tender within and the skin is crisp and burnished and blistered. It's hard to be precise about times, but on my grill this usually takes about 35 minutes.

When done, remove to platter and sprinkle with the salt and freshly chopped parsley.

Go all out and eat this with your hands – it's fabulous!

### What's spatchcock you ask?

I love Nigella, and confess it's taken me NUMEROUS tries and some pretty odd looking results before I got one that even looked close to the picture! I watched a lot of YouTube videos on how to cut the bird up. The pic below is from the Wikipedia article – mine is pictured on the recipe listing page! 😊



From Wikipedia, the free encyclopedia

A spatchcock, otherwise known as "spattlecock", is poultry or game that is prepared for roasting or grilling by removing the backbone and sternum of the bird and flattening it out before cooking.

To remove the backbone and flatten a bird out is to butterfly the bird. Spatchcock is the traditional word for the French term "poussin", a juvenile chicken. Spatchcocks were generally butterflied in preparation for faster cooking rather than slow roasting.