



# spatchcock chicken

roast



The core temperature is measured from the centre of the meat. For perfect cooking and measuring internal temperatures, we recommend a 'Meater+ Wireless Thermometer'. Available in our pantry now.

Whilst I personally develop, try and test all our recipes and cooking guides, heritage breed animals can vary immensely, therefore cooking times are a guide only. Please ensure all products are cooked through and hot before serving. Enjoy!



Jeff Baker

Executive Development Chef

*cooking time from: 45 minutes*

## method

Remove your chicken from the packaging, pat dry & bring to room temperature.

Preheat your oven to 210°C for fan-assisted or 230°C for ovens without a fan (gas 8).

Choose a large, heavy-based roasting tray, ideally with deep sides and handles for easy movement.

Season the bird with good quality sea salt & brush liberally with melted butter just prior to cooking.

Place in the centre of the oven skin side up and roast for approximately 45 minutes, reaching a core temperature of 65°C before resting.

Remove from the oven, put onto a clean tray and keep warm by covering with a sheet of foil.

Rest for a minimum of 20 minutes before carving.

## serving suggestions

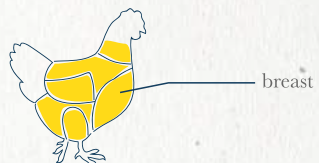
Serve with rocket & Parmesan salad tossed in lemon & olive oil vinaigrette.

## for best results, roast this cut

Core Temperatures	Out of the Oven	After Resting
Well Done	65-68°C	72-75°C

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