

# Reckless In The Kitchen

## **Spatchcock Roasted Chicken**

Ingredients:

- brine for the chicken
- 4 lb roasting chicken
- 2 oranges
- 2 lemons
- cooking spray
- 2 Tbsp butter
- 2 tsp bacon fat (optional)
- salt
- pepper

Directions:

Step 1: Brine the bird. You can use any brine you like. I recommend brining for at least 16 hours, or up to 24 hours before roasting.

Step 2: Spatchcock

Take the chicken out of the brine and allow it to drain for a few minutes. Place the chicken on a cutting board and pat dry with a paper towel. Using kitchen scissors, cut vertically along the backbone of the chicken on both sides and remove entirely. Flip the chicken over and press the bird as flat as you can.

Step 3: Roast the chicken

Preheat the oven to 425 degrees. Place a cooling rack in a flat baking pan and put in the oven while it is preheating. Slice the lemons and oranges into thin round slices and set aside. Melt the butter (and bacon fat if using) in the microwave and set aside. Once the oven is up to temperature, remove the hot pans from the oven. Carefully, spray the cooling rack with non-stick cooking spray and arrange the lemon and orange slices on the the rack.

Place the chicken on top of the citrus. Brush the skin with the melted butter (and bacon fat) and sprinkle with salt and pepper.

Roast for 50-60 minutes until the chicken reaches an internal temperature of 165. Let the chicken rest for 10 minutes before cutting up and eating.