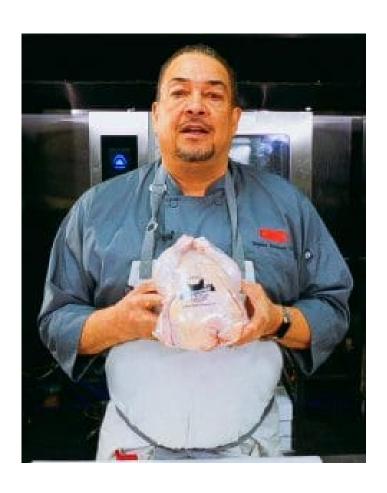
# Roasted Whole Spatchcock Chicken

Nutrafarms is thrilled to share a special recipe from Chef Rupert Boreland: Roasted Whole Spatchcock Chicken. Using Nutrafarms' real pastured chicken, Chef Boreland demonstrates how to create a delicious and simple home-cooked meal. By spatchcocking the chicken, you ensure even cooking and a wonderfully crispy skin. Let's dive in and make this mouthwatering dish together!

### **Ingredients**

- 1 pastured chicken from Nutrafarms
- Olive oil
- Salt
- Pepper
- Favourite seasoning (smoky paprika based steak spice)
- 1 onion (optional)
- 3-4 cloves of garlic
- 1 cup of white wine (optional)
- 2 cups of chicken stock



## How to Cook:



## 1. Preparation:

■ Preheat your oven to 335 degrees Fahrenheit.

 Spatchcock the chicken by removing the backbone and flattening it. This ensures even cooking and a crispy skin.

#### 2. Seasoning the Chicken:

- Rub the chicken with olive oil on both sides.
- Season very liberally with salt and pepper.
- Apply your favourite seasoning. Chef Boreland loves using a smoky paprika-based steak spice.

#### 3. Preparing the Base:

- Coarsely slice the onion and crush the garlic.
- Place the onion and garlic in a pan and sweat them to soften (sweating means cooking them gently to release their flavours).

#### 4. Deglazing and Adding Stock:

- Optionally, add white wine to the pan to deglaze it. If you've never added wine to a hot pan before, turn off the heat first to avoid a flame.
- Reduce the wine until it looks syrupy.
- Add chicken stock to the pan, enough to cover the base but not submerge the chicken.

### 5. Roasting the Chicken:

- Place the seasoned chicken on top of the onion and garlic mixture in the pan.
- Transfer the pan to the preheated oven.
- Roast the chicken for one hour.



## 6. Finishing Touches:

- After roasting, remove the pan from the oven.
- Strain the jus (drippings) from the pan and let it sit for 10 minutes to reduce.



## 7. Serving:

- Ensure your knives and cutting boards are clean and sterilized to avoid cross-contamination.
- Cut the spatchcocked chicken into halves and serve with the retained skin and jus.

## Final Thoughts

This simple yet flavourful dish is sure to impress your family and friends. To learn more about what makes the pastured chicken you get from Nutrafarms so special, click here. Happy cooking!