

Your Name

Alan Bryce

Recipe Name

Spatchcock Chicken

Category (select one)

Poultry

List of Ingredients and Quantity

- One complete chicken
- spices of choice

Instructions

Cut backbone out of chicken. I find that a kitchen sheers is best for this. This will allow the chicken to lay flat.

Use a heavy pan or other device to compress the chicken for 20 minutes.

Spread it out evenly and rub with your favorite spice. (I use olive oil and Mrs. Dash garlic).

Bake at 450 until it reads 160 degrees. It will only take about 30 minutes.

Take out and let it rest for 15 minutes.

