

Slow Roast Spatchcock Chicken Romesco Sauce

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This is a very lazy way of cooking as you can go out to the pub and it will be ready when you arrive home it is a great summer BBQ dish



I love to cook poultry this way because of all the wins that are involved: you halve the cooking time but still get to keep the meat on the bone, meaning it retains all that delicious flavor. This foolproof recipe is great for a summer barbecue, but can also be cooked in the oven year-round.

Tip: *If you're uncomfortable using a knife to remove the chicken spines, you can use a pair of large kitchen scissors instead.*

Ingredient for chicken

- 1 large 2.5kg free range chicken
- Olive oil
- Malden salt
- Pepper
- 1 teaspoon Smoked paprika
- 1 Lemon
- 3 cloves Garlic
- Lemon thyme sprig
- Potatoes jackets x 2
- Gem hearts 2 packets
- Rocket leaves 500gms
- Radishes 1 bunch

Ingredients for Romesco

1 large roasted red bell pepper from a jar

- 1 garlic clove, smashed
- 1/2 cup slivered almonds, toasted
- 1/4 cup tomato purée
- 2 tablespoons chopped flat-leaf parsley
- 2 tablespoons Sherry vinegar
- 1 teaspoon smoked paprika
- 1/2 teaspoon cayenne pepper
- 1/2 cup extra-virgin olive oil
- Fine sea salt and freshly ground black pepper

Preparation

Pulse first 8 ingredients in a food processor until very finely chopped. With motor running, slowly add oil; process until smooth. Season with salt and pepper.

Romesco can be made 1 week ahead. Cover and chill.

Method for Spatchcock

1. Remove any chicken giblets, then splay open the chicken, breast-side down. Remove any excess fat.
2. To remove the spines, run a finger along back of the chicken to identify the bone and the soft outer side of the ribcage.
3. Place the tip of a large sharp knife vertically to one side of the spine, insert it and press down firmly. Bring the rest of the knife down along one side of the spine in one movement to cut all the way through, placing the palm of your hand on the back of the blade to exert extra pressure.
4. Turn the bird around and repeat so you have cut all the way down one side of each spine.
5. Repeat the technique on the other side of each spine, then remove the bone – save it for making stock. The bird can now be spread out completely on the board.
6. Rest the heel of the large knife on the chicken wing joint. In one swift movement, cut through the ligament, then remove. Repeat for the other wing and save them for making stock.

Cooking

Cut the potatoes into 3 thick slices and lay on a roasting tray. Scatter some garlic cloves, thyme and bay leaves on potatoes... season chicken well and dust with paprika.

Place the chicken in the oven at 150 c for 2.5 hours it is a very slow way of cooking but achieves crispy skin and the chicken falls away very easily

Lift the chicken out of the pan and save the juices you can add a splash of red wine vinegar to the pan to swill out all the lovely cooking juices and pour over chicken as well.

Lift the potatoes out and put on your serving dish

Spoon over the romesco sauce and serve with gem heart, rocket a radish salad dressed with olive oil and lemon juice

