

SPATCHCOCK CHICKEN

Don't be intimidated when preparing a whole chicken. This recipe uses the "spatchcock" technique to ensure fast roasting while keeping the meat moist and the skin crispy! Simply follow the instructions below and you'll have dinner on the table in under an hour!

Ingredients for Chicken:

1 **whole chicken** (~4 pounds), thawed and patted dry
2 tablespoons **salt**
2 tablespoons **olive oil** (or other cooking oil, like canola)

Ingredients for Marinade and Roasted Vegetables:

4 **carrots**
6 small **potatoes** (like Yukon or red potatoes)
1 white **onion** (yellow or white)
1/3-1/2 cup **olive oil** (depending on size of chicken)
1 teaspoon **dried thyme**
Salt and **pepper** to taste
juice of 1 whole **lemon**

Instructions

Position oven rack in the middle of the oven and preheat oven to 475°. Place chicken breast-side down on large cutting board. Locate the backbone. With sharp kitchen shears or scissors, cut down one side of the spine; then cut down the other side of the spine to remove the backbone completely. (Reserve backbone for stock.) Open chicken slightly and flip to breast-side up on the cutting board. To further flatten, press down firmly on the breastbone; you will hear a "pop". The chicken should now lay relatively flat. Sprinkle 2 tbsp of salt all over chicken and press in firmly to coat. Evenly distribute 2 tablespoon oil on one baking sheet and lay chicken on top. Wash hands well.

Chop carrots, potatoes, and onion into evenly sized pieces and place in a large bowl. In a small bowl, whisk together 1/3-1/2 c olive oil (depending on size of bird), dried thyme, juice of lemon, and salt and pepper (to taste). Drizzle one half of marinade over veggies and stir to coat. Brush remaining half of marinade on the skin of the chicken. Distribute prepared veggies evenly around the chicken on the baking sheet.

Roast at 475° for 15 minutes, then lower the oven to 400° and roast for additional 20-30 minutes until chicken is fully cooked and the internal temperature reaches 165°

BASIC STOCK GUIDE

Stock is a base seasoning for many things you cook... from rice to beans, from soups to sauces. Stock makes these items delicious! Making a basic stock is easy, flexible, and allows you to use extra veggie and meat scraps from other meals.

Ingredients

water, room temperature
veggie scraps from onion, carrots, celery, parsnips, herbs, etc.
bones and meat scraps from pork, chicken, or beef

Notes: We do not recommend using scraps from starchy vegetables, like potatoes, asparagus, or broccoli as they will make a cloudy stock. If you desire to make vegetable stock, you can eliminate the meat. Just make sure you have a lot of veggie scraps!

Instructions

Add all scraps to a large pot.

Add enough water to cover scraps and heat over stove until liquid comes to a simmer. Simmering time will vary depending on what you are making your stock from. Here is a basic guide to simmering time:

Veggies only: 4-6 hours

Chicken: 6-8 hours

Beef: 10-12 hours (or up to 24 hours for the strongest flavor)

You may need to add room temperature water as the liquid evaporates; always ensure there is enough liquid to completely cover the scraps.

When time is up, turn off heat and remove/discard all meat and veggie scraps from the stock. Strain the stock to remove any remaining small bits of veggies or meat. The stock is now ready to use. Use it as a cooking liquid for grains, rice, and beans or in any soup or stew recipe. After cooled, you may store stock in the fridge for up to 5 days.