



FR. FRANK'S SPATCHCOCKED CHICKEN WITH HERB BUTTER



Ingredients:

- ✦ 1(3½- to 4-pound) chicken, spatchcocked
- ✦ ½ cup unsalted butter (1 stick), at room temperature
- ✦ 2 tbsp olive oil
- ✦ 1 tbsp white wine
- ✦ 1 tsp Dijon mustard
- ✦ 4 garlic cloves, finely grated or minced
- ✦ 2 tsps minced fresh parsley leaves
- ✦ 1½ tsps minced fresh thyme leaves
- ✦ ½ tsp minced fresh rosemary leaves
- ✦ 1¾ tsps fine sea salt
- ✦ 1 tsp herbes de Provence
- ✦ 1 tsp finely grated lemon zest
- ✦ ½ tsp freshly ground black pepper





FR. FRANK'S SPATCHCOCKED CHICKEN WITH HERB BUTTER



Instructions:

1. Place the bird breast-side down on a cutting board. Using a sharp knife or kitchen shears, start at the tail end and cut along one side of the backbone. Flip the chicken over, and press down on it to flatten it. Press firmly on the breastbone to get an even grilling consistency.
2. In a medium bowl, mash together the butter, garlic, parsley, thyme, rosemary, salt, herbes de Provence, lemon zest, and black pepper. Melt herb butter with some olive oil and white wine, then whisk in a tablespoon or so of Dijon mustard before spreading on/under the skin.
3. Rub half of the mixture all over the chicken, including under the skin.
4. Turn on the grill to medium high. After ten minutes turn off half the grill and turn remaining burners to medium. Place chicken skin side down on the oiled grill. Turn over after 20 mins and grill for another twenty to thirty minutes with the temperature registering 160. Place the chicken on the hot side of the grill and cook for about ten minutes until the chicken gets a slight char. Let the chicken rest on a cutting board for 10 minutes before carving and spread the remaining butter over the chicken.

