

Recently I?ve been working near a Tesco Express which I don?t often visit. This Chicken was £2.38 with their version of a Yellow Sticker. The left-overs are going in a Pasta bake this evening. Not bad going?..

Butchers tip:- Flip the bird over so the spine is at the top. Use sharp kitchen scissors to cut through the bones on either side of the spine and remove. Flip it back over and flatten it out. Spatchcock - Sorted. Or you can pay Supermarket prices of £5 plus for a tiny flattened bird, your choice I guess!

Ingredients:-

1 Spatchcock Chicken
1 Lemon Grass stalk, finely sliced
4 Cloves of Garlic, minced
5cm Piece of Ginger, minced
1 Red Chilli, chopped
50ml of Fish Sauce
3 Tbsp of Soy Sauce (Gluten free for us)
4 Tbsp of Honey
3 Tbsp of Oil (Sesame if you prefer)
1 Lime, juiced
½ Tsp of Chinese Five Spice
Salt and Pepper to season when ready to cook

Method:-

(1) In a Pestle & Mortar work all the ingredients excluding the Salt & Pepper into a paste. Therapeutic if you?ve had a frustrating day.
(2) Smear the paste over the Chicken and allow to marinade for at least 2 hours in the fridge.
(3) When ready to cook, season with Salt & Pepper.
(4) Roast covered at 160c for 1 ½ hours.
(5) After 45 minutes baste the Chicken with the cooking juices.
(6) After 1 ¼ hours uncover and baste again.

