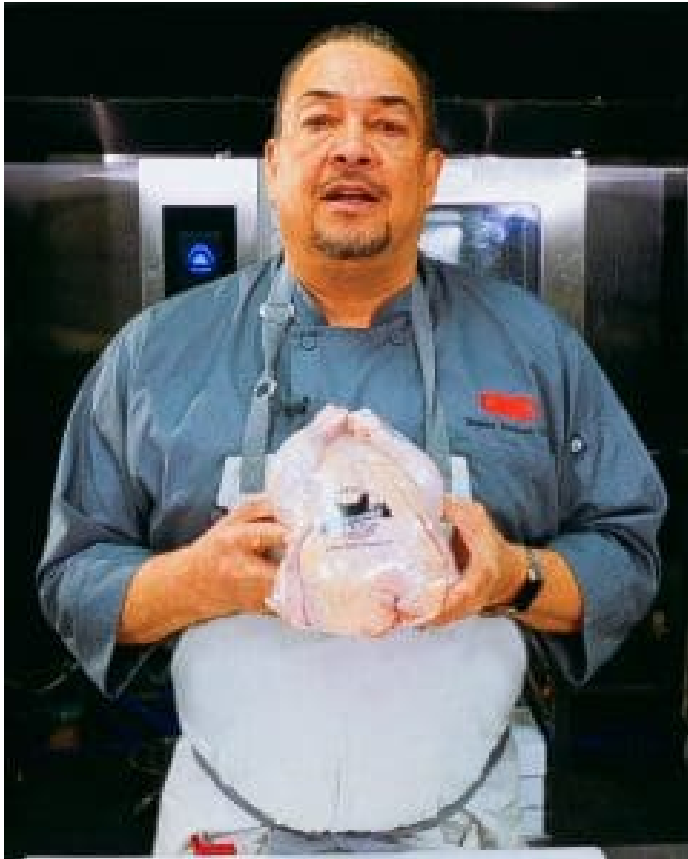


Roasted Whole Spatchcock Chicken

Nutrafarms is thrilled to share a special recipe from Chef Rupert Boreland: Roasted Whole Spatchcock Chicken. Using Nutrafarms' real pastured chicken, Chef Boreland demonstrates how to create a delicious and simple home-cooked meal. By spatchcocking the chicken, you ensure even cooking and a wonderfully crispy skin. Let's dive in and make this mouth-watering dish together!

Ingredients

- 1 [pastured chicken from Nutrafarms](#)
- Olive oil
- Salt
- Pepper
- Favourite seasoning (smoky paprika based steak spice)
- 1 onion (optional)
- 3-4 cloves of garlic
- 1 cup of white wine (optional)
- 2 cups of chicken stock



How to Cook:



1. Preparation:

- Preheat your oven to 335 degrees Fahrenheit.

- Spatchcock the chicken by removing the backbone and flattening it. This ensures even cooking and a crispy skin.

2. Seasoning the Chicken:

- Rub the chicken with olive oil on both sides.
- Season very liberally with salt and pepper.
- Apply your favourite seasoning. Chef Boreland loves using a smoky paprika-based steak spice.

3. Preparing the Base:

- Coarsely slice the onion and crush the garlic.
- Place the onion and garlic in a pan and sweat them to soften (sweating means cooking them gently to release their flavours).

4. Deglazing and Adding Stock:

- Optionally, add white wine to the pan to deglaze it. If you've never added wine to a hot pan before, turn off the heat first to avoid a flame.
- Reduce the wine until it looks syrupy.
- Add chicken stock to the pan, enough to cover the base but not submerge the chicken.

5. Roasting the Chicken:

- Place the seasoned chicken on top of the onion and garlic mixture in the pan.
- Transfer the pan to the preheated oven.
- Roast the chicken for one hour.



6. Finishing Touches:

- After roasting, remove the pan from the oven.
- Strain the jus (drippings) from the pan and let it sit for 10 minutes to reduce.



7. Serving:

- Ensure your knives and cutting boards are clean and sterilized to avoid cross-contamination.
- Cut the spatchcocked chicken into halves and serve with the retained skin and jus.

Final Thoughts

This simple yet flavourful dish is sure to impress your family and friends. [To learn more about what makes the pastured chicken you get from Nutrafarms so special, click here.](#) Happy cooking!