

# Spatchcock Chicken With Citrus & Honey - The Mediterranean Dish

Makes 6 Servings

Preparation: 10 minutes, Cook Time: 1 hour

Yield: Serves 6

Recipe: by Ruth Bardis from *The Mediterranean Dish*

Source: <https://www.themediterraneandish.com/roast-spatchcock-chicken-with-citrus-honey/>

*This spatchcock chicken recipe is inspired by the Greek Island of Crete, where exceptional honey, citrus, oregano, and extra virgin olive oil is produced in abundance. Just like our spiced roast chicken recipe, the chicken is spatchcocked. Also known as “butterflying,” this simple technique removes the chicken’s spine so the bird can lay flat as it roasts. This ensures the meat cooks quickly and evenly and stays juicy. It’s surprisingly easy and I’ll walk through it step-by-step!*



**2 clementines**

**1 orange**

**1 lemon**

**2 garlic cloves, minced**

**1/2 cup extra virgin olive oil**

**1/4 cup honey**

**1 tablespoon dried oregano**

**1 teaspoon dried thyme**

**Kosher salt**

**black pepper**

**4-5 medium potatoes, peeled and sliced into wedges**

**Kosher salt**

**black pepper**

**1 whole chicken (about 5 pounds)**

1. Preheat the oven to 400°F. Line a baking sheet with parchment paper.
2. Juice the clementines, orange, and lemon into a large bowl. Reserve the juiced citrus skins for later use.
3. Add the minced garlic, 1/2 cup extra virgin olive oil, 1/4 cup honey, 1 tablespoon dried oregano, and 1 teaspoon dried thyme to the bowl with the citrus juice. Season the mixture generously with kosher salt and black pepper, then whisk to combine well. Taste the marinade and adjust the seasoning if needed, adding more salt or pepper as desired. Set aside.
4. Scatter the 4–5 medium potatoes, peeled and sliced into wedges, across the prepared baking sheet. Season the potato wedges with a big pinch each of kosher salt and black pepper. Set aside.
5. Place the whole chicken (about 5 pounds) breast-side down on a large, sturdy cutting board with the legs facing you. Use kitchen scissors to cut along both sides of the backbone to remove it completely, then discard the backbone or save for stock if desired. Flip the chicken over so it is breast-side up, then press down firmly on the center of the breast with the heel of your hand to flatten the chicken.
6. Place the spatchcocked chicken, breast side up, on top of the potatoes on the baking sheet. Insert your fingers between the skin and flesh of the chicken to gently separate the skin from the meat. Spoon some of the citrus mixture under the skin, massaging it into the breast and legs. Pour the remaining liquid over the top of the chicken,

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ensuring it is well coated. Sprinkle a little more kosher salt and black pepper over the chicken. Tuck the reserved citrus skins around the potatoes on the baking sheet.

7. Bake the chicken and potatoes for 30 minutes, frequently basting with the pan juices. Continue baking for about 30 more minutes, or until the chicken is golden brown, the internal temperature of the chicken at the thickest part of the thigh reads 165°F, and the juices in the pan have reduced by half.

8. Remove from the oven and let rest for a few minutes.

21. Carve the chicken and serve hot, drizzled with a spoonful of the pan juices.

NOTES: You can prepare the whole dish a few hours in advance. Have everything assembled, then cover with plastic wrap and place in the refrigerator until you are ready to bake.