

Flat Roasted Chicken

Source: The Splendid Table American Public Media by Lucinda Scala Quinn

Ingredients

- 1 3 to 4 lb whole chicken , backbone removed
- coarse salt and black pepper
- ¼ cup olive oil
- 2 tbsp unsalted butter
- 3 tbsp fresh lemon juice
- ¼ tsp crushed red pepper flakes, optional
- 2 garlic cloves, smashed and peeled, optional

Method

1. Preheat the oven to 400 degrees. Using kitchen shears, cut along both sides of the backbone to remove. Reserve it for broth. Open the chicken's legs and spread the bird down flat, skin side up. Press down firmly on the breastbone to flatten it. Pat it dry with paper towels. Salt and pepper generously on both sides.
2. Heat a large ovenproof skillet such as cast iron on high heat. Add 1 tbsp olive oil and 1 tbsp butter. Immediately add the chicken, skin side down. Allow to brown (without moving) for 3 minutes. Turn the chicken over, careful not to break the skin, and transfer the skillet to the oven.
3. The chicken is done when it is golden brown and cooked through, 40 to 45 minutes. An instant-read thermometer inserted in the thickest part, not touching bone, should read 165 degrees. Remove the chicken to a cutting board to rest for 10 minutes. Add 1 tbsp of the lemon juice and the remaining tbsp of butter to the pan drippings and swirl around.
4. Meanwhile, if you want to make the lemon sauce, whisk together the remaining 3 tbsp of olive oil, 2 tbsp of lemon juice, the red pepper flakes, garlic, and a pinch of salt. Cut the chicken into pieces, drizzle with the pan sauce and the optional fresh lemon sauce, and serve immediately.

Notes

Excerpted from "Mad Hungry" by Lucinda Scala Quinn. (Artisan Books).