Spatchcock Roasted Chicken

**Ingredients:**

* 1 whole chicken (3.5-5 lbs)
* Coarse Kosher Salt
* Fresh Ground Pepper
* 1 TBSP neutral Oil (olive oil works too)

**For the stock:**

* Leftover roasted bones
* Water to cover bones
* 2 Sprigs Thyme (optional)
* 1 carrot, chopped (optional)
* 1 stalk celery, chopped (optional)
* 1/2 onion, chopped (optional)

**Method:**

1. Preheat your oven to **475 F (246 C) for conventional** or **400 F (205 C) if using convection** (fan circulates hot air).
2. Using kitchen shears remove the backbone of the chicken by cutting along either side of it starting from the bottom cavity up towards the neck. Note: You can also remove the backbone by using a sharp chef knife (check out the video for a visual reference). Reserve the neck, DO NOT THROW IT AWAY! See step 4.
3. Lay your chicken breast side up on the cutting board and place both hands on the breast like you are about to give CPR and with one sudden press down until you hear a crack and the chicken lies flat.
4. Now it is time to season the bird. Using a liberal amount of salt, sprinkle and rub it all over the front and back of the chicken making sure it's all over the nooks and crannies. Now come in with your fresh ground pepper and do the same. OPTIONAL: Feel free to add herbs like rosemary, thyme, etc. For the stock preparation below, season the cut backbone with salt and pepper as well.
5. Place a wire rack on a baking sheet and place your chicken on top of the wire rack. This will promote better airflow while cooking. Place your seasoned back bone on the wire rack as well.
6. To promote even browning rub a thin layer of vegetable oil over the leg and breasts.
7. Roast your chicken for 40-50 minutes. Check the bird after twenty minutes, If the skin is browning or darkening too fast you can lower the heat of your oven to 350 (convection) or 425 (regular).
8. Using a meat thermometer test the breast meat and thigh meat separately. When the breast is 150 F (Note: read this article if you think this is not safe) and the thigh is 175 F pull the chicken out to rest on the cutting board for 10 minutes. Through carryover cooking the temperature of the chicken will raise slightly while resting. Pulling the chicken at these temps ensures we have moist breast meat and succulent dark meat with the connective tissue broken down. While the chicken is resting, prepare the Peruvian-ish style green sauce (recipe below) because every chicken can benefit from a great sauce.
9. Break the chicken down by cutting the leg away from the breast and cutting at the joint of the leg and thigh. Remove the wings by pulling or cutting at the joints. Remove the breast by slicing on both sides and following along the bone.
10. Enjoy the chicken with the green sauce, a simple salad and some mashed potatoes.

**For the stock AFTER consuming chicken:**

1. Preheat your oven to 190 degrees F.
2. Add your leftover carcass and roasted back bone to an oven safe stock pot. Fill the pot with water until it just covers the bones (don't use too much or you will dilute the broth too much).
3. Place the pot uncovered in the oven, and let it go for 10 hours (get a good night's sleep) or a minimum of 4 hours. This will allow time for the collagen to breakdown into gelatin giving our stock good body.
4. (Optional) In the morning, add a couple sprigs of fresh thyme, 1 chopped carrot, 1 stalk of celery, and half an onion for 1 more hour.
5. Strain the stock using a mesh strainer or cheese cloth. Let the stock cool and remove the fat that rises to the top. The stock will keep in the fridge for 4 days or can be frozen for several months.
6. You know the stock has good body and collagen break down if it gels up after being cooled. This stock will be used for creamy chicken noodle soup.

Peruvian Inspired Green Sauce

**Ingredients:**

* 2 Jalapenos
* 1/2 cup loose fresh cilantro
* 2 Garlic cloves
* Juice from 1 lime
* 1/4 cup Mayonnaise
* 1/4 cup plain Yogurt
* 2 tablespoons Olive Oil
* Coarse Kosher Salt
* Freshly Ground Black Pepper