

Grilled Spatchcock Whole Chicken

This is a dramatic way to serve a whole bird, and one of the best ways to grill a chicken to ensure that it is evenly cooked throughout. You can certainly do this with a gas grill, but I love the smoke you get from charcoal or wood fire. Get the best bird you can find for this recipe - the quality of the chicken will really shine here.



Ingredients:

- 1/2 cup ESPN Preseasoning
- Whole Chicken

Method:

1. Spatchcock the chicken. Cut along each side of the backbone with a good set of kitchen shears to remove it. Then spread the chicken flat and press down to break the breastbone. You can also notch the breastbone with a knife to help it break cleanly.
2. Place the chicken inside a gallon sized ziplock bag with enough Preseasoning to generously coat.
3. Refrigerate overnight for the best flavor, but at least for 90 minutes if you're in more of a hurry.
4. Set up the grill with a cool and hot side.
5. Once the grill is up to temperature, pat the chicken dry with some paper towels and put it on the hot side of the grill. Flip it every 60 seconds or so until the skin is looking perfectly browned. If your grill is extra hot, you may need to flip more often or reduce the heat.
6. Once the bird is browned nicely on all sides, move to the cold side of the grill with the legs facing the hot side. Close the grill to maintain a good heat. Flip the bird every 15 to 20 minutes to ensure it is roasted evenly. Use a digital thermometer to check the internal temperature in the deepest part of the breast and the legs. It's done when it reaches 165 degrees Fahrenheit. If you find the legs are going to be done before the breast, then adjust so that the breasts are closer to the heat and the legs are away.
7. Take it off the grill and let it rest under some aluminum foil for 10 minutes.