



THE FRONT BURNER

RECIPES, COOKING TIPS & MORE FROM THE CULINARY SUPERSTORE

Curry Dry Rub Spatchcocked Grilled Chicken

Serves 4

"Spatchcock" should be added to all chicken griller's vocabulary! With a dual meaning (1) the noun form refers to a young chicken, about 6 weeks old, and (2) the verb forms means to flatten or butterfly a chicken. While not for the overly squeamish, spatchcocking a chicken is easier than you might think. By removing the backbone and breastbone, a whole bird is flattened for easier and more even grilling. This recipe utilizes a dry rub - a quick method for infusing loads of flavor. The resulting flavors of this bird pair wonderfully with curried rice, grilled veggies, and a quick Indian-inspired yogurt sauce.

Ingredients:

1 whole chicken, spatchcocked
(see directions below)
1 small lemon, juiced
2 tablespoons olive oil

1 tablespoon paprika
1 tablespoon cumin
2 teaspoons kosher salt
1 teaspoon chili powder
1 teaspoon dry mustard
1 teaspoon garam masala
1 teaspoon garlic powder
1/2 teaspoon fresh ground black pepper
2 tablespoons brown sugar

Curry Dry Rub Ingredients:

(makes enough for 2 whole chickens)

2 tablespoons curry powder
1 tablespoon turmeric

Directions:

1. Spatchcock the whole chicken. With the breast side down, cut on either side of the backbone from tail to neck, and pry apart. Cut the top of the breastbone and loosen the muscles on either side of the breastbone cartilage. Remove the breastbone, (keel bone), and further flatten the chicken open by pressing down.
2. Mix the curry dry rub ingredients together in a small bowl. Reserve half of the spice mix in a tightly sealed jar for a second bird at a later date.
3. Coat the spatchcocked chicken with the curry dry rub, then drizzle with olive oil and the juice of one small lemon juice. Let set at room temperature for 30 minutes.
4. Meanwhile, fire up the grill! Heat the grill to a medium-high heat. First, place the chicken on the grill with the breast side down. Close the grill lid, and let cook for 10-15 minutes until a nice char is formed. Then, carefully flip the bird over and grill for another 25-30 minutes. Flip again, and continue to grill until the thickest part of the breast reaches 165 degrees F. Let rest for 10 minutes before serving.

BONUS! Indian-inspired Yogurt Sauce:

1/2 cup plain Greek yogurt
1 tablespoon fresh mint, minced
1 tablespoon fresh cilantro, minced
1 tablespoon shallot, minced
Juice of 1 small lemon
1/4 teaspoon ground cumin