



Flat Roast Chicken with Preserved Lemon and Tarragon Butter



Serves

6



Prep Time

15 mins



Cook Time

1 hr appx

This is my favourite way to prepare chicken - it ensures even cooking and crispy skin all over. Ask your butcher to do this for you, or you can do at home with poultry shears. The butter makes sure the meat doesn't dry out.

You can flavour the butter however you like, but this is a personal fave.

Ingredients

1 x 1.8kg chicken, butterflied

80gms unsalted butter, softened

1/4 preserved lemon rind only, finely diced

1 tbspn finely chopped fresh tarragon or 2 tspns dried

Olive oil

Sea salt & black pepper

Method

1. Preheat the oven to 200 degrees C, Fan forced.
2. In a small bowl combine the butter, tarragon and preserved lemon and mix until well combined.
3. Tuck the wing tips of the chicken underneath the bird and ensure it is as flat as possible.
4. Using your fingers gently separate the skin of the breast from the chicken to create good-sized pockets for the butter.
5. Carefully push the butter into these pockets and press down on the skin so it distributes evenly. Pull the skin over the gap you created to seal as much as possible.
6. Drizzle with a little olive oil and season well with salt & pepper.
7. Roast for at least 1 hour. Test for doneness by piercing the chicken between the leg and the breast and ensuring the juices run clear.

Notes & Serving Suggestions

- You can surround the chicken with some extra veg to turn this into more of a one traybake.
- You can prep the butter 2 - 3 days ahead of time and store in the fridge.

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