

Chicken Spatchcocked with Grapes and Sherry Vinegar

Melissa Clark podcast



1 tablespoon kosher salt, plus more as needed
1 1/2 teaspoons fennel seeds, lightly crushed in a mortar and pestle

1 teaspoon freshly ground black pepper, plus more as needed

Grated zest of 2 lemons

1 tablespoon EVOO

1 whole whole chickens, spatchcocked (backbone removed, flattened to break the wishbone) patted dry with paper towels

12 ounces seedless grapes, stemmed (1 1/2 cups)

[I used multi-colored grapes]

2 teaspoons EVOO

1 teaspoon sugar

1 1/2 teaspoons sherry wine vinegar, or more to taste

1 1/2 teaspoons unsalted butter

Per Serving (excluding unknown items): 641 Calories; 48g Fat (67.5% calories from fat); 36g Protein; 16g Carbohydrate; 1g Dietary Fiber; 145mg Cholesterol; 1880mg Sodium; 15g Total Sugars; 0mcg Vitamin D; 45mg Calcium; 3mg Iron; 590mg Potassium; 356mg Phosphorus. Exchanges: .

Carolyn T's Blog: tastingspoons.com

Servings: 4

1. In a small bowl, combine the salt, fennel seeds, pepper, lemon zest, and 1 tablespoon of the olive oil. Rub this mixture generously over the chicken. Place the chicken, skin-side up, on a rimmed baking sheet and let it stand for at least 1 hour.
2. About 15 minutes before you are ready to cook the chicken, heat the oven to 475°F.
3. Transfer the chicken to the oven and roast it for 20 minutes.
4. In a small bowl, toss the grapes with the remaining olive oil, sugar, salt and pepper to taste. Scatter the grapes around the chicken, and roast until the chicken is just cooked through and the grapes are lightly caramelized, 20 to 25 minutes. Test the chicken for internal temperature. Breast meat should be at least 160, and thigh meat 165. The chicken will continue to cook as it rests.
5. Transfer the chicken to a cutting board to rest. Tent with foil and let it sit for about 10-15 minutes.
6. Spoon the grapes into a bowl and set aside. Place the baking sheet over two burners on medium-high heat. Add the vinegar to the pan juices and scrape up the browned bits from the bottom of the baking sheet. Pour the mixture into a small saucepan and warm it over medium heat. Whisk in the butter. Do not boil as the butter will separate.
7. Carve the chicken and top it with the grapes and spoonfuls of the sauce.