

# Chicken Under Brick

- flavoring: lemon and fresh herbs, hot sauce and fresh chile peppers, pesto, whatever
- whole fresh chicken
- extra virgin olive oil

Mix some flavoring.

Remove the wing tips from the bird. Remove the backbone from the bird. Cut off excess skin. Lay the bird out in front, spread, breast side up.

Crack the bones, and pound with a mallet, making it flat.

Carefully separate the skin from the flesh of the bird, forming a pocket between the skin and the meat. Stuff the pocket with the flavoring, and massage into the bird.

Drizzle some olive oil over the outside of the bird's skin.

Lay breast side down over a medium-hot grill, and spread. Place a baking sheet (with a small lip) over the bird, and lay a couple bricks or other heavy weights on top of the baking sheet. Cook for about 20 minutes. Turn the bird over breast side up, cover with the baking sheet and the weight, and cook for another 15 minutes.

Serves: 4

Preparation time: 60 minutes

— [Subscriptions \(1\)](#)

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