

Roasted Flat Chicken

- whole fresh chicken with skin on
- olive oil
- onions
- kosher salt
- black pepper
- white sugar
- paprika
- herbs: (e.g. parsley, thyme, sage, savory, oregano)
- melted butter

Preheat the oven to 450-475 degrees

Remove the wing tips from the bird.

Slice the onions and place the slices on a baking sheet. Pour just a little extra virgin olive oil over, sprinkle some salt, black pepper and white sugar over, and toss the onions.

De-bone the chicken, leaving the skin on. Using a cleaver, remove the backbone from the chicken. Cut off the wing tips. Cut out the bones with a paring knife. Remove the leg bones by scoring the flesh along the bones and carefully separate the meat from the bones. Remove the ribs by gently separating them from the meat with a paring knife. Cut open and pull out the wing bones. Gently separate the skin from the chicken so that the skin forms a pocket.

Combine salt, black pepper, paprika and herbs. Gently rub into the de-boned chicken under the skin, and on the under-side.

Lay the flat de-boned chicken on top of the onions, skin-side up.

Melt the butter and rub over the skin. Sprinkle a little paprika and salt on for color and flavor.

Bake for about 9-10 minutes per pound.

Let stand for 5 minutes before carving, while making [gravy](#) ^[1] with the pan drippings and getting everything else on the table. Then serve.

Serves: About one person per pound-and-a-quarter (based on the weight of the bird before de-boning).

Preparation time: About an hour

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[1] <http://kitchen.unseelie.org/./101>