



SPATCHCOCK CHICKEN WITH ROASTED ROOT VEGETABLES AND FRESH HERB GODDESS SAUCE (SERVES 4) PAIRED WITH 2017 GRAN VAL CHARDONNAY

An original recipe by Chef Helen Goelet, one of six grandchildren of founder John Goelet. Helen fell head-over-heels in love with cooking when she was just 10 years old and uses her knowledge of wine to create complex and exciting food pairings to experience the possibilities present in each glass.

SPATCHCOCK CHICKEN

One whole organic chicken
4 tbsp butter, cut into 4 tbsp chunks
1 lemon, cut into thin slices skin on
2 tbsp paprika
1 tsp cayenne pepper
1 tbsp turmeric powder
1 tsp garlic powder
1 tbsp salt
½ tbsp ground black pepper
Extra virgin olive oil
1 orange or lemon, cut into thin slices, skin on
1 onion, sliced into rings

ROOT VEGETABLES

Use any root vegetables that you have on hand. The woody and smoky flavor of roasted parsnips, the earthy flavor of roasted beets and sweet caramelized flavor of roasted yellow onion are my personal favorites for this dish.

2 large parsnips cut into equal sized wedges. I typically like them 3 inches long.
3 medium beets, washed peeled and cut into equal sized wedges
4 medium yellow onions, peeled and cut from top to tail into quarters

FRESH HERB GODDESS SAUCE

2 fresh green onions, roughly chopped (or half of a shallot if on hand)
½ cup roughly chopped cilantro
¼ fresh basil
1 tbsp fresh tarragon
1 clove garlic
1 tbsp honey
½ lemon, juiced
2 tbsp yogurt (optional)
2 tbsp vinegar (I prefer champagne vinegar, but whatever you have on hand will work)
½ tsp chili flakes
Salt
Pepper
4 tbsp olive oil

The nice thing about this herb goddess sauce is that whatever fresh, bright herbs you have on hand will work. If all you have is parsley and cilantro, don't sweat it! It will still be delicious. In a blender, combine all of the ingredients until smooth. Put the sauce in the fridge while you prepare the rest of the meal.

Spatchcock chicken is truly my favorite way to cook the bird. Not only does it cook more quickly, but it yields a far juicier and flavorful product.

To spatchcock your chicken, place it breast down so that the backbone is facing upwards with the tail pointing towards you. To cut out the spine, use a sharp pair of kitchen scissors to cut from tail to neck along the right side of the spine. When you come to the leg joint, you may feel some resistance, simply move the leg around until you find the joint and cut through it. Once you've cut through one side, do the same along the left side of the spine. (There are plenty of video tutorials online if you want to look this up.) Next, flip the bird over so that the cavity is face down and the breasts face up. Press on the breastbone until you hear it pop. You want the cavity of the chicken to be as flat on the board as possible.

Combine the paprika, cayenne, turmeric, garlic, salt and pepper in a small bowl. Pat the skin and cavity of the bird dry with a paper towel. Gently separate the skin from the breast at the neck and stuff 2 pads of butter into each side along with 2 lemon rounds on each side. Lightly oil the outside of the chicken before covering it with your spice blend. Be sure to rub it equally along the skin and cavity of the chicken. Set aside.

Preheat the oven to 375°F on convection roast if available. For the chicken: coat a large cast iron pan or other oven safe pan with oil. Evenly spread the thinly sliced citrus and onions along the base of the pan. Nestle your chicken breast side up into the pan on top of the citrus and onions. Place in the oven and roast until cooked through, about 1 hour. Pour yourself a glass of Clos Du Val Estate Chardonnay.