



Chicken with Potatoes and Asparagus

YIELD: Makes 1 3-4 lb chickens

PREPARATION METHOD

Spatchcock the chicken:

This is a simple and effective way of roasting a chicken in less time than a whole chicken traditionally takes.

1. To prepare the chicken, place it on a cutting board breast side down with the thighs towards you.
2. Beginning at the thigh end, use a pair of kitchen shears and cut along one side of the backbone.
3. Turn the chicken around, so the thighs are away from you and cut along the other side of the backbone.
4. The backbone can be discarded or saved for making stock.
5. Flip the chicken over and spread it out. Press firmly in the middle of the breastbone to flatten.

Prepare

1. Arrange the thyme sprigs around the center of a medium sized roasting or jelly roll pan.
2. Place the spatchcocked chicken on top of the thyme sprigs (breast facing up). Brush the skin of the chicken with olive oil.
3. Generously season the chicken with kosher salt and freshly ground black pepper. Set the pan aside.
4. Wash and dry the potatoes and then quarter them with a small paring knife. Place the quartered potatoes in a medium sized work bowl.
5. Add the remaining ingredients and toss to combine. Pour the potatoes on a baking sheet lined with parchment paper (this will ease clean up and keep the potatoes from sticking to the pan).
6. Without preheating, place the chicken and potatoes into the oven. Select the convection mode and set the temperature to 375°F. Set a timer for one hour.
7. After one hour, remove the chicken and potatoes from the oven and place the pans on a heatproof surface.
8. Use a thermometer to make sure the chicken is cooked thoroughly. Tent the chicken and potatoes with foil and allow to rest.
9. Prepare the asparagus by steaming. Steam the asparagus until the desired doneness is achieved. Season with salt and freshly ground black pepper.
10. Cut the chicken into quarters and serve alongside the potatoes and asparagus.

INGREDIENTS

For the chicken:

- 1 whole chicken (3½ to 4 pounds)
- 1 small bunch fresh thyme sprigs
- 1 tablespoon olive oil
- Kosher salt
- Freshly ground black pepper

For the potatoes:

- 1½ pounds small Yukon gold potatoes
- 1 tablespoon of fresh thyme, chopped
- 1 tablespoon olive oil
- Kosher salt
- Freshly ground black pepper

For the asparagus:

- 1 pound asparagus spears, ends trimmed