



HONEY MUCHO SPATCHCOCK CHICKEN

*Grilled on the barbecue or baked in the oven,
this market fresh entrée is simple
yet full of flavour.*



HONEY MUCHO SPATCHCOCK CHICKEN

- In a medium sized dish steep dried tea in 3 cups boiling water for 30 minutes. While tea is steeping prepare marinade and chicken.
- Place chicken breast side down on cutting board. Starting at the tail end cut along both sides of the backbone with kitchen shears or chef's knife. Turn breast side up and press down on each side of the breast until it lays flat.
- In a shallow dish large enough to hold the chicken, combine cooled tea, minced garlic clove, canola oil, ¼ cup honey, 2 tbsp white wine vinegar, 1 tsp onion powder, and dried thyme. Add chicken and marinade for 4 hours or overnight.
- Remove chicken from marinade and pat dry with paper towel. Transfer marinade to a small pot and set aside. Combine ½ cup Mucho Gusto Relish with 2 tbsp honey and using your fingers, slide it under the skin of the chicken.
- Bake on a lined baking tray at 450F for 45-50 minutes, or until internal temperature reaches a minimum of 170F. Rest for 10 minutes before cutting into 8 pieces.
- Bring marinade to a boil. Reduce heat to medium low, season with 1 tbsp white wine vinegar, ½ tsp onion powder, salt, and black pepper and simmer for 3-4 minutes. Mix tapioca starch in 2 tbsp of water. Whisk in to sauce to slightly thicken and transfer to small bowls for dipping chicken.

Cheers to good health & good food - Chef Susan Hoy



INGREDIENTS:

- 1 Mountainview Colony whole chicken
- 2/3 c Tea Hippie San Sangria Tea
- 1 lg Mountainview Colony garlic clove
- 6 tbsp Mountainview Colony canola oil
- 2 tbsp + ¼ c Ryan's Honey
- 3 tbsp white wine vinegar
- 1 + ½ tsp onion powder
- ¼ tsp dried thyme
- 1 c Emerald Farms Mucho Gusto Relish
- 1 tbsp tapioca starch
- ½ tsp salt
- ¼ tsp black pepper
- 2 tbsp water

Find it all here:

COCHRANEFARMERSMARKET.CA