

# SPATCHCOCK ROAST CHICKEN WITH ROOT VEGETABLES

We LOVE roasting chicken because its a comforting meal that keeps on giving. After eating, save the bones and leftover meat to make soup! We also use a compound butter, a mixture of butter and other ingredients used as a quick sauce on top of roasted meats, vegetables and fish. Pre mix your favorite herbs, spices and butter then store it in the fridge or freezer until you need it!



## Ingredients

- 1 whole chicken (3-4 lbs)
- 1 butternut squash
- 2-4 scarlet turnips
- 1 carrot
- 1 onion
- 1 orange
- 1 sprig of rosemary

### From your pantry

- 4oz of butter, softened
- 2-3 cloves of garlic
- 1 Tbsp Hungarian spice blend (or your favorite seasoning)
- oil
- salt and pepper

### Equipment:

- Large roasting pan or baking sheet

**PREPARATION: 25 MIN**

**COOKING: 90 MIN**

**READY IN: 115 MIN**

**MAKES 6 SERVINGS**

## Directions

*Read through entire recipe before getting started.*

*Wash and dry all produce. **Preheat oven to 375 °F***

1. Peel **onion** and cut into quarters. Peel **garlic**. Remove ends from **turnips** and chop into 1" pieces. Remove ends and peel from **butternut squash**; then, cut in half, scoop out seeds and cut into 1" pieces. Cut **carrot** into 1" pieces. Thinly slice **orange**. Remove **rosemary** leaves from stem and rough chop.
2. Mix **rosemary and a pinch of salt and pepper** into softened **butter** using a fork and set aside (voilà, compound butter!). Place all the vegetables and orange slices on the bottom of a roasting pan or baking sheet and toss to distribute.
3. If present, remove giblets from inside the **chicken** and reserve for other uses (or discard). **Spatchcock chicken:** remove the backbone so the bird opens up to lie flat. Use a pair of scissors or a sharp knife to cut down the left side (along the backbone) from neck to rear. Do the same down the right side of the backbone and remove it. Save or freeze for soups. Open the chicken and salt the underside. Turn it over, skin-side up, and place it flat on the prepared pan on top of the layered vegetables.
4. Season the chicken with **Hungarian spice blend, salt, and pepper**. It's okay if some of seasoning falls on the vegetables. Rub compound butter all over the chicken, pushing it under the skin on each side of the breast and massaging it to spread.
5. Place chicken and vegetables in the oven on the middle rack. Bake for 60-75 minutes or until the chicken is fully cooked and vegetables are soft. (Poultry like chicken needs to reach 165 degrees.)

# Tips, Tricks, and Terms

## "Spatchcocking" 101

While the name may be a little weird, spatchcocking poultry (similar to butterflying) like whole chickens or turkeys is an amazing way to make use of whole birds. Whole chickens tend to be cheaper per pound than chicken pieces & you get the benefit of the tasty skin and bones for stock. Spatchcocking helps the bird cook more evenly and quickly - usually the breasts tend to cook faster and may dry out before the thighs are cooked through. Cutting out the backbone and laying the bird out flat helps ensure both breasts and thighs are done at the same time AND cuts roasting time by about half.

Check out The Food Lab's "How to Roast Spatchcock Chicken" video for a visual and more tips: [youtu.be/QuWPLhC8ijs](https://youtu.be/QuWPLhC8ijs)



### A little more about...

**ROSEMARY:** a member of the mint family, rosemary is a herb native to the Mediterranean. While also being delicious in dishes like roast meats and stews, rosemary is also a good source of antioxidants, iron, calcium, and vitamin B6.

**SCARLET TURNIPS:** this variety of turnip has a bright pink or red colored skin and tastes a bit like a radish. Scarlet turnips taste a bit more like radishes and are delicious raw or cooked! Try them roasted here or in your next vegetable soup.



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