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BBQ Spatchcock Chicken

Ingredients

16 cups water
4 bay leaves
6 tbsp sea salt
2 tbsp sugar
3 tsp ground black pepper
3 tsp dried rosemary
1 chicken – spatchcocked
Olive oil
Black pepper
Onion powder

Preparation

- 1 In a saucepan bring a quarter of the water to boil and add the bay leaf, rosemary and pepper.
- 2 Cover the pot and remove it from the heat.
- 3 Allow this mixture to stand for 10 minutes.
- 4 Meanwhile dissolve the sugar and salt in the remaining water.
- 5 Add the herbed water to the sugar salt mixture and refrigerate overnight.
- 6 Soak the spatchcock chicken in this water for 4 – 6 hours in the fridge.
- 7 Rinse the chicken quickly and pat it dry with a paper towel.
- 8 Rub the chicken with the olive oil and season with the black pepper and onion powder.
- 9 Grill the chicken on each side for 10 minutes.
- 10 It is done when the juices run clear.
- 11 Fashion an aluminium foil tent and allow the chicken to rest covered for 10 minutes before serving.

Cooks Note

A '*Spatchcock*' chicken or '*Butterflying*' the bird :

Preparing the poultry for roasting or grilling by removing the backbone and sternum of the bird, and flattening it out before cooking.
