



Whole Spatchcock Chicken, Cooked sous-vide

Savory

 **Preparation**
0 min

 **Waiting**
0 min

 **1** **Servings**

Ingredients

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✓	1	unit	Chicken
✓	1	cube	Chicken Stock
✓	1	tsp	Thyme
✓	50	ml	Olive Oil
✓		g	

Wet Cure Ingredients

✓	4	cup	Water
✓	3	unit	Bay Leave
✓	10	unit	Peppercorn
✓	225	g	Salt
✓	225	g	Sugar
✓	1	tbsp	Thyme
✓	1	g	Five Spice Powder



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Butterfly

Using 'butcher's scissors', cut out the back bone and sternum of the chicken. Firmly press down on the chicken breasts to flatten, also known as 'butterflying'. Place the chicken in the wet cure and keep in the fridge for 24 hours.

Wet cure

Infuse all ingredients in a pan, bring to the boil then turn the heat down to a simmer. Remove pan from heat once the sugar and salt is dissolved. Leave to cool. The cure can be stored in a fridge for up to 1 month and can be used for more than one recipe.

Step 5

Preheat your water bath to 68 degrees. Remove the chicken from cure and rinse under cold running water for 10 minutes. Then, pat dry with kitchen towel. Brush the chicken with 50ml olive oil and crumble the stock cube over the chicken along with the thyme.

Step 6

Put the chicken into a pouch and vac-seal. Put the pouch into your water bath for 4 hours.

Step 7

Keep checking the bath to make sure the water is covering the pouch. After 4 hours, remove the chicken from its pouch and pat dry with kitchen towel. Roast in an oven or frying pan until the skin is lovely and crisp.

Chef's Tip

Smoke the chicken before you vac-seal and cook at the same temperature and time.