

# BUTTERFLY POUSSIN WITH CUMIN, PRESERVED LEMON AND HERBS

## EQUIPMENT

CHEF KNIFE, MIXING BOWLS, MORTAR AND PESTLE, MEDIUM SIZE FRYPAN, TONGS

## INGREDIENTS

1 X BUTTERFLIED POUSSIN (SIZE 5), ½ A PRESERVED LEMON,  
¼ BUNCH EACH OF PARSLEY AND CORIANDER, 2GM CUMIN SEEDS  
¼ SPANISH ONION, OLIVE OIL AND SALT

## METHOD

HEAT A MEDIUM SIZE FRYPAN OVER MEDIUM HEAT AND ADD THE CUMIN SEEDS AND TOAST FOR 1 MINUTE, REMOVE AND CRUSH IN THE MORTAR AND PESTLE

PLACE APPROX 20GM OF OLIVE OIL IN A SMALL MIXING BOWL AND ADD THE TOASTED CUMIN SEED.

REMOVE THE PRESERVED LEMON FROM THE JAR AND SLICE OUT THE FLESH AND PITH LEAVING ONLY THE SKIN, RINSE WELL UNDER COLD WATER  
FINELY DICE ½ OF THE LEMON AND ADD TO THE CUMIN SEED OIL MIX, ADD THE CHICKEN AND TOSS WELL IN THE OIL AND SET ASIDE TO MARINATE  
FOR  
15-30 MINS

FINELY SLICE THE REMAINING LEMON AND ADD TO ANOTHER MIXING BOWL WITH SLICED ONION AND PICKED PARSLEY AND CORIANDER, TOSS  
WELL AND SET ASIDE

ONCE THE CHICKEN HAS MARINATED RE-HEAT THE FRYPAN OVER HIGH HEAT, ADD A SPLASH OF OLIVE OIL AND PLACE THE CHICKEN IN THE PAN  
SKIN SIDE DOWN AND RETURN TO THE STOVETOP FOR 1 MINUTE

REMOVE THE CHICKEN FROM THE STOVETOP AND PLACE IN A PRE-HEATED OVEN COMBI SETTING 170 DEGREES FOR 12-14 MINS

ONCE THE TIMER GOES OFF REMOVE THE PAN FROM THE OVEN AND TURN OVER THE CHICKEN, COVER WITH FOIL AND LET REST FOR 6-8 MINS

LIGHTLY DRESS THE SALAD WITH OLIVE OIL AND PLACE IT ON A SERVING PLATE, REMOVE THE CHICKEN FROM THE PAN AND CUT IT IN HALF  
THROUGH THE MIDDLE OF BREAST. CUT OFF THE LEGS FROM THE BREAST AND PLACE IT ALONG SIDE THE SALAD AND SERVE.

## HINTS & TIPS

- SPATCHCOCK CHICKEN LIKE THIS ALMOST HALVES THE COOKING TIME NEEDED FOR A STANDARD ROASTED CHICKEN
- ASK YOUR BUTCHER OR POULTRY SUPPLIER TO PREPARE THE CHICKEN FOR YOU IF YOU DON'T WANT TO ATTEMPT IT YOURSELF
- BECAUSE THE CHICKEN IS COOKED ON THE BONE YOU STILL GET THE ROASTED CHICKEN FLAVOUR JUST IN HALF THE TIME