



How to butterfly a chicken

Ingredients

Method

'Butterfly' (or 'Spatchcock') is a term used to describe a chicken that has had its backbone removed enabling it to be flattened out. This process makes it much faster to cook a whole chicken using various different cooking techniques such as grilling, pan frying or barbecuing.

[View our video here if you are a visual learner!](#)

To butterfly your chicken, you'll need a whole chicken and a sharp knife.

Step 1: First, lay your chicken breast-side down on a clean, flat surface.

Step 2: With a sharp knife or pair of kitchen shears, cut along one side of the backbone from one end to the other.

Step 3: Turn your chicken over and flatten before cutting along the other side of the backbone to remove.

Step 4: Push down firmly on the breastbone area with your palm to flatten.

That's it! Once you've butterflied your chicken, it's ready to marinate, cook and serve!

Tips:

- > When handling raw poultry, always wash your hands and surfaces to avoid contamination.
- > Once you've removed the backbone, make sure you put it aside and use it to make a delicious chicken stock!
- > The NEFF MultiPoint MeatProbe measures the inside heat at three points to ensure the right core temperature is reached and the meat is cooked for the correct duration. This way you are sure to achieve the perfect roast chicken every time!



The NEFF MultiPoint MeatProbe

Notes
