COOKING PASSION SINCE 1877

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.

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!

Our top 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!

If you want to eliminate the guess work when cooking chicken then the

NEFF MultiPoint MeatProbe is perfect for you. Simply plug in the probe and select your core temperature. Once your selected temperature has been reached, the oven will automatically switch itself off.

Keen to show off your butterflying skills? Then try our recipes for **butterflied chicken with mango salsa** or **butterflied chicken with preserved lemon, garlic and thyme**. Both recipes are simple to prepare and will be an instant hit at the dinner table.

If you're a visual learner watch our video below!

About NEFF

NEFF is a German-engineered kitchen appliance brand, with a product range that includes ovens, cooktops, rangehoods, coffee machines and dishwashers designed to make life in the kitchen a daily pleasure. For people who love to cook, NEFF gives you the tools to create meaningful connections, express your creativity and make memories. Because real life happens in the kitchen.

Discover more

Notes

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