Lemon and Thyme Spatchcock



Brown the little bird on the grill pan first. Thyme and a thin slice of lemon perfume each half as it finishes in the oven.

SERVES 2 / GRILL PAN, ROASTING TIN AND THERMOMETER

Prep 10 min · Cook 20–30 min · Rest 5 min

Ingredients

1 small spatchcock or poussin (about 650–750 g), halved lengthways by the butcher

10 ml olive oil

¼ tsp fine salt and freshly ground black pepper

1 small lemon and 4 sprigs fresh thyme

From pan to oven

1. Prepare
Pat the two halves dry. Oil the skin and season.

2. Sear
Set the halves skin-side down in a hot grill pan until golden. Turn onto a roasting tin.

3. Roast
Add thyme and lemon and roast until breast and thigh both reach 75°C. Rest for 5 minutes.

KOOK'S SECRET

Press the thickest part gently against the hot ridges for the first few seconds. Once the skin has browned, it will lift away cleanly.

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The full method

01 **Heat the oven**

Heat the oven to 180°C conventional (160°C fan). Pat both halves dry. Rub all over with the oil, salt and a little pepper. Cut two thin rounds from the lemon and cut the rest into wedges.

02 **Colour the skin**

Heat a heavy grill pan or frying pan over medium-high heat. Lay the halves skin-side down and press gently so the skin meets the pan. Cook for 3–5 minutes until golden and the skin lifts easily. Transfer skin-side up to a small roasting tin.

03 **Add lemon and thyme**

Strip the leaves from two thyme sprigs and scatter over the halves. Put a thin lemon round on each. Roast for 15–25 minutes, checking from 15. In each half the thickest parts of both breast and thigh must reach at least 75°C, clear of the bone.

04 **Rest and serve**

Rest on a warm plate for 5 minutes. Spoon over the roasting juices, add the remaining thyme and serve one half per person with the lemon wedges.

FROM MARK'S KITCHEN

Cut the lemon thin enough to bend over the bird. A thin round softens as it roasts and leaves room for the thyme to come through.