

## Splayed Chicken

Whole chicken  
Lawry's Seasoned Salt  
Lawry's Garlic Salt  
paprika  
3 limes  
chopped cilantro

Clean a whole chicken. Cut the backbone out. I use a kitchen shears and cut along one side, then cut right next to it on the other side. Place chicken on a cookie sheet and dry slightly with paper towels, leave some moisture for the seasoning to stick. Lay breast side up. Press chicken flat on the cookie sheet. Pretend you are a chiropractor and adjust the center to flatten as much as possible! You may thread two skewers in an X pattern through chicken to hold in that position. We go without. Skewers, that is – not adjustments!

Sprinkle both sides generously with Lawry's Seasoned Salt, Lawry's Garlic Salt and paprika.

**Gas Grill:** Preheat one side of your grill (you will place the chicken on the other side) to 350° for 15 minutes, cleaning off the grates with a wire brush so they are hot and clean but food won't stick to them. If you don't have a thermometer on your grill, just get it medium hot. Don't stress about the temperature or the length of these directions. It is really not that hard. I just err on the side of too many directions rather than too little. Once you make this chicken, you really don't read these again for the second time!

**Charcoal Grill:** If using a charcoal fire, you will have to build your briquette's up and start. Let them get a bit grey around the edges and not so hot – this took about 30-40 minutes on our Weber. Yours could take longer or shorter. The important thing is that you have enough briquettes to keep burning for 1 ½ - 2 hours. Before you put the grate back on top of the briquettes, use your tongs and move all the briquettes to one side of the grill in a slope toward the left side. Put the grate back on the grill. Make sure it is scraped with your wire brush, but not clean, clean – you want that seasoning on the metal so your food won't stick. You will put the chicken on the right side so it is not in direct heat. Cover and close vent for first ½ hour – don't open or flip.

Place chicken on the grill. If you didn't read the grill section for your type of grill above, put the chicken on one side and heat the other side of the grill. You want indirect slow heat.

Cook for about 1 ½ hours. Flip every ½ hour and baste with lime/cilantro mixture.

**Lime~cilantro Mixture:** juice 3 limes and mix with some chopped cilantro.

Take off the grill and put on platter. Let rest for 10 minutes to allow juices to settle. Serve with your favorite side dish or shred for tacos.

**Optional:** You may want to do 2 chickens and put one in the freezer! The flavor of this meat really can't be beat and can be used for salads, soups, pasta, pretty much anything.

**Optional:** feel free to use any combination of seasonings and spices. These are the ones I use because they work really well for me. If you have other seasonings you want to try, go for it! If you come up with something sensational, make sure and share it with Doc, he is always up for trying something new!

Dr. Deb

Butterflied chicken

1 T Chili powder  
1 T Paprika  
2 t Black pepper  
2 t Kosher salt  
1 t Cayenne

Butterfly one 4-5 pound chicken.

Sprinkle mixture over cleaned butterflied chicken on both sides. Skewer (with 2 metal skewers) the chicken in an X pattern so that it is easy to flip on the BBQ. We cook it bone side down for 15-20 minutes, and then flip. You want to use a medium heat and indirect is best. We usually light all three of the BBQ grill stations, cooking it bone side down on all three medium heat for 15-20 minutes. We then turn it over and either lower or

turn off middle burner and cook for another 15-20 minutes. Brush juice of limes with chopped cilantro on the bony side while the breast side cooks, approximately 1/2-1 cup for one chicken. You can either check the temperature of the chicken, which should be 165 degrees, or estimate 20 minutes per pound according to the recipe. Our experience is that 20 minutes per pound is too long. It really depends on the heat of your BBQ. After the chicken has cooked breast side up for 15-20 min, use the remaining lime juice -cilantro mixture to brush the breast side. Let rest or cut up and serve right away. Depending on the size of the chicken, cooking may be a tad longer each side.

### Tam & Tom's Recipe for Splayed Chicken

Butterfly a whole chicken. Skewer with metal skewers the chicken in an X pattern for easy turning. Liberally salt chicken with Lawry's Season Salt, Lawry's Garlic Salt and Paprika. Everything else is the same with the cilantro lime juice.

Enjoy!

Love you,

Tam

It sounds like your weekend was awesome. When you camp in the summer, grilling is the best because it doesn't heat the trailer. The splayed chicken recipe in Cuisine is wonderful and what we do is prepare the chicken and freeze it. So I use it to keep other things cold when we are transporting, and then when it is thawed, use metal skewers and throw it on the grill. Another great option is satay or chicken/beef teriyaki. You can have the skewers ready to go and just throw them on the grill. I serve satay with a cucumber salad, rice and condiments. I serve the teriyaki with edamame (soy beans that you can cook ahead of time) and sugar snaps or rice. It depends on what you are in the mood for. These are wonderful recipes when the weather is hot. Mex is always good with camping, tacos, which are really easy. Just marinate the meat (or chicken, or fish) and throw it on the grill, chop and go.

Thaw chicken and place metal skewers in an X pattern going

through the thigh to the wing. Season liberally with Lawry's season salt, Lawry's garlic salt and paprika. You can substitute whatever seasoning you like, but this combo works for us.

Put the chicken on medium-high heat on bbq with bone side down for 15-20 minutes. While this is cooking, juice 4-6 limes and chop a bunch of cilantro leaves and put into the lime juice.

After the first 15-20 minutes, flip the chicken so the bone side is up and baste liberally with lime cilantro mixture. Cook another 15-20 minutes, making sure that the burner right under the chicken is on low as to not burn the skin. Flip chicken one more time, so that skin side is up and again baste with lime cilantro mixture. Cook for another 15-20 minutes. I take it off the grill, tent with foil and let it rest, and then cut it up and serve. It is a winner recipe all the time.

<http://crockpot365.blogspot.com/2008/10/crockpot-rotisserie-style-chicken.html>

thighs

I am cooking the chicken thighs in the oven. I wash and dry the chicken, season with

Lawry's Season salt, Lawry's garlic salt, and paprika. I used chicken with skin on. Bake

at 425 for 45 minutes to an hour depending on how crispy you like your skin. I don't use

any oil or non stick spray on the foil lined cookie sheet. It comes out great every time.

Tom loves it. Will do that with potatoes or rice and salad~dinner.

I don't grill the chicken thighs because of the flame issue as you stated. Seriously though, the

skin comes out really crisp and yummy by just doing it in the oven. You could alter the seasonings

and the method would still produce the same great chicken. I usually go for 1 hour over 45 minutes.

I love it because no added fat or oil. I season both sides of the chicken. I wash and dry the chicken

then place on the foiled cookie sheet underside up & season. I then turn the pieces over and season

and put in the oven. Very easy and so delicious. It is way easier than the splayed chicken on the grill.

However in the summer months when it is too hot to use the oven, I go for the splayed chicken on the grill.

On sale here we can get Foster Farms (California company) picnic pak (primarily thighs and legs)

for 97 cents a pound. I usually do that and bake up a two cookie sheets full and then I have protein for the week for Tom's & my lunch.