



GRILLED AVOCADOS?
YOU BET. ONIONS AND
SCALLIONS, TOO. TO LEARN
HOW, GO TO BONAPPETIT.COM/GO/CHICKENSIDES.

1

BUY A GOOD BIRD

It's pretty straightforward: Quality chickens are more delicious. Look for those that are antibiotic-free; extra points for going organic and local. The BA Test Kitchen relies on Bell & Evans and Murray's. Make the **Chicken Under a Brick** (above; recipe on page 67) and taste for yourself.

2

GET YOUR GRILL GOING

The recipes in this story call for two kinds of heat: direct, for smaller pieces like thighs and wings, and indirect, for whole birds, as in the Beer-Can Chicken on page 71. Don't worry—it's not complicated. We show you the right way to set up your grill in Prep School, page 111.



Buy a brick.

In our version of chicken under a brick, this handy weight helps the butterflied bird (at right) attain its crackling skin and flattened-out shape. It's also helpful for propping smaller chicken pieces on their sides—because we like crispy edges, too. Get a couple of bricks at a home-improvement store and wrap them in foil to use.

3

YOU DON'T NEED A RECIPE TO GRILL CHICKEN

Achieving a perfectly grilled piece of chicken is this simple: **1. Choose skin-on, bone-in meat.** It stays moist and flavorful, even over smoky heat. **2. Small pieces cook more quickly.** Prep your grill for direct heat and set the table; you'll be eating soon. **3. Stock up on citrus.** Squeeze lemons and oranges over the chicken as it cooks. This trick moistens the skin, which in turn prevents flare-ups, and we love how it tastes. Here's that recipe we said you didn't need—just promise us you won't bring the magazine out to the grill.

GRILLED CITRUS CHICKEN

Prepare grill for medium heat. Rub one **3½–4-lb. chicken, cut into 8 pieces**, with **2 Tbsp. vegetable oil**; season with kosher salt and freshly ground black pepper. Grill chicken, skin side down, turning occasionally and squeezing the juice from **2 lemon halves** and **2 orange halves** over often, until cooked through and an instant-read thermometer inserted into the thickest part of thigh registers 165°, 25–35 minutes.

Meanwhile, brush another **2 lemon halves** and **2 orange halves** with **1 Tbsp. vegetable oil**. Grill, cut side down, until lightly charred, 5–10 minutes. Serve chicken with grilled lemon and orange halves alongside for squeezing over. *4 servings*



• WING TIP •

HOW TO SPATCHCOCK: USING KITCHEN SHEARS, CUT CHICKEN ALONG BOTH SIDES OF BACKBONE TO REMOVE IT. FLIP CHICKEN OVER, PRESS DOWN ON THE BREASTBONE UNTIL YOU HEAR IT CRACK. TOO CHICKEN? ASK YOUR BUTCHER TO DO IT FOR YOU.



5

REMEMBER: SPATCHCOCK IS NOT A DIRTY WORD

In fact, it's the speediest, easiest way to grill a whole bird. Also known as butterflying, the technique (see above) exposes lots of skin directly to the heat, guaranteeing thorough browning and crisping—coaxed further by pressing with bricks. Spatchcocked chicken, delicious on its own, is also great with any of the sauces on page 69.

CHICKEN UNDER A BRICK

- 1 3½–4-lb. chicken, backbone removed
- 2 Tbsp. vegetable oil
- Kosher salt, freshly ground pepper

SPECIAL EQUIPMENT: 2 bricks wrapped in foil

Prepare grill for high, indirect heat (for a charcoal grill, bank coals on 1 side of grill; for a gas grill, leave 1 or 2 burners off).

Place chicken on work surface, skin side up. Using your palms, press firmly on breastbone to flatten breast.

Rub chicken with oil; season with salt and pepper. Tuck wings slightly under breast. Place chicken, skin side down,

over indirect heat, set bricks on top, and grill, covered, until skin is golden and crisp, 25–30 minutes. Using tongs, remove bricks; turn chicken, skin side up. Replace bricks and continue grilling until chicken is cooked through and an instant-read thermometer inserted into the thickest part of thigh registers 165°, 25–30 minutes longer. 4 servings

CARVING A SPATCHCOCKED CHICKEN IS EASY ONCE IT'S GRILLED.

Don't sacrifice the skin!

Always scrape the hot grill grates clean with a wire brush so food will release more easily.



Oil the grates. Before cooking, use a pair of tongs to dip paper towels into oil and swipe them over the grates.





MEMORIZE THIS RUB

You can use this simple formula to wake up the Beer-Can Chicken on page 71, add another layer of flavor to the Barbecued Chicken on page 70, or sass up plenty of things that aren't poultry, like pork, steak, or vegetables.

It's easy:

$$\begin{array}{ccccccc} 4 & + & 3 & + & 2 & + & 1 & = \\ \text{TBSP.} & & \text{TBSP.} & & \text{TBSP.} & & \text{TBSP.} & \\ \text{kosher} & & \text{brown} & & \text{sweet} & & \text{cayenne} & \\ \text{salt} & & \text{sugar} & & \text{paprika} & & \text{pepper} & \end{array}$$

enough **spice rub** for two whole chickens. Double or triple the recipe and use it all summer.



The only thing worse than overcooked chicken is undercooked chicken. Don't cut it open to check. Instead, insert an instant-read thermometer into the thickest part of the thigh—or the center of any other cut. 165° is the magic number.