

Roast spatchcock with citrus butter sauce & garlic & thyme duck fat potatoes

Thomas Allen Wines
MEMBERS' TABLE RECIPE

Roast spatchcock with citrus butter sauce

Ingredients

3 Spatchcock, size 5 or 6
Olive oil for marinade and cooking
2 navel oranges, zest of ½ reserved
1 lime, zest and juice reserved
1 ruby grapefruit
1 clove of garlic, very finely crushed

Method

Gently rinse and pat dry the birds. To butterfly the spatchcocks, place them breast side down on a board and carefully cut down each side of the backbone and remove. You can use a sharp knife or poultry shears for this. Turn the birds over and gently flatten them by pressing down on the breastbone. Of course, if you have a good butcher, you could ask them to do this for you!

Combine a little olive oil, crushed garlic, orange and lime zest, black pepper, lime leaf and ginger and smear over the birds. Cover and refrigerate for approx. 30–60 mins.

To obtain segments from the oranges and grapefruit, place on a board and using a sharp knife slice off the top and bottom, making sure you remove the segment membrane. Then place the fruit on one of these cut surfaces and cut from the top to the bottom around the fruit, making sure you remove all the skin and the segment membrane. Then, holding the fruit cupped in one hand, gently cut between the segment membranes to release the segments and reserve them. Squeeze any remaining juice and combine with reserved lime juice.

Preheat oven to 180°C. Season the birds with a little salt on

Garlic & thyme duck fat potatoes

Ingredients

1.5kg potatoes (*Coliban, King Edward, Golden Delight or Desiree*), small to medium in size
4 tbsp duck fat

Method

Pre-heat oven to 180°C. Peel the potatoes and rinse under cold water to remove excess starch then place them in a large pot, cover with cold water and add generous salt. Boil for about 6 mins until they are just slightly softened. Drain in a colander, allow them to steam for a few mins and shake them vigorously to make the surface rough for extra crispiness later. You can also use a fork like a rake over the potatoes for a more pronounced effect.

Tip the potatoes into a large baking tray in one layer with

1 Kaffir lime leaf, very finely chopped*
2cm green ginger, peeled and finely grated
Honey
Butter
Sea salt & black pepper

all surfaces and transfer them to a large baking tray (do not overlap). Roast for approximately 15 mins. The skin should be colouring nicely and the juices should run clear. Remove them to a warm tray, cover with foil and rest. Place warm roasting pan over a gentle heat and deglaze with the citrus juice, swirling and reducing the volume by half. Add a knob of butter and some honey to taste, to soften the acidity of the lime juice. Add the citrus segments to warm through. Do not boil the liquid as it will take on a 'marmalade' character.

Halve the birds and place on warm plates with duck fat potatoes. Garnish with citrus segments and drizzle with warm juices. Serve with a crisp green salad and warm crusty bread.

*This recipe will serve 6 for a main meal. *Kaffir lime leaves are quite fibrous & tough, but they offer amazing flavour & fragrance, so it's very worthwhile learning how to utilise them best. It takes a little practice & a very sharp chef's knife to cut them finely. Start by removing the course central vein & place a couple of pieces on top of each other. Slice as finely as possible, then cut back across & continue until the pieces are almost like dust.*

Sea salt & freshly ground black pepper
1 bunch of thyme sprigs
1 globe of garlic, broken into cloves

the duck fat and then season them well. Turn the potatoes to ensure they are evenly coated. Place them in the oven for approximately 30 or 40 mins by which time they should be colouring to golden and starting to soften inside. Gently squash the potatoes to increase the surface area and add more crispiness, scatter over the thyme and garlic cloves and return to the oven for another 40 mins or so.

Transfer them to kitchen paper briefly to remove the excess fat, then to your serving bowl and serve immediately.



← Perfectly matched with our 'Mango Tree' Chardonnay

For more Members' Table recipes visit www.thomasallenwines.com.au