

Pollo al Mattoni (aka Brick Chicken)

Ingredient List

whole chicken (~ 1.5 kg)
olive oil
kosher salt
fresh ground pepper

onion (1 medium) (*for pan sauce*)
white wine (½ cup) (*for pan sauce*)
heavy (35%) cream (½ cup) (*for pan sauce*)
white vinegar (*for pan sauce*)

Hardware List

kitchen shears
10" cast-iron skillet
bricks (2)

aluminum foil
probe thermometer (*if available*)

Directions

Wrap 2 regular-sized bricks with aluminum foil and set aside.

Flatten **one 1.5 kg whole chicken** by removing the spine using a sharp pair of kitchen shears. Open the bird like a book and remove the keel (aka breast) bone by cutting down the sides of the cartilage and removing it with fingers.

Heat **2 tbsp olive oil** in a 10" cast-iron skillet over high heat. While the skillet and oil are heating, coat the bird on all sides with more **olive oil** and liberally **salt and pepper**.

Once the oil just begins to smoke, place the chicken, skin side down, in the skillet and top with the two foil-wrapped bricks. Immediately reduce the heat to low. The goal is to maintain the sizzling sound without producing any smoke.

Slowly brown the chicken for approximately *20 minutes*, careful not to burn the skin.

Preheat the oven to 450°F. If making a pan sauce, finely dice **1 medium onion** at this time.

When the chicken is golden brown, remove the bricks and flip the chicken. Insert the probe thermometer into the center of the breast meat, if available, and transfer the skillet to the preheated oven.

Cook until the thermometer measures 160°F. Remove the skillet from the oven. Transfer the chicken to a platter and tent loosely with aluminum foil to rest for at least *5 minutes*.

To make a pan sauce:

Remove any excess oil from the skillet. Brown the **diced onions** over medium-high heat, being sure to scrape up any fond from the bottom of the pan.

Add **½ cup white wine** and any **juices** from the resting chicken, then increase the heat to high.

Reduce the liquid by approximately a half before adding **½ cup heavy cream**. Reduce again until thickened.

Finish with **½ tsp white vinegar** and **salt and pepper** to taste.

Serve the chicken in quarters (breast & wing, leg & thigh), topped with pan sauce.

Notes

Nutrition (per ¼ chicken, breast with skin, no sauce)

Calories	300	Carbohydrate	3 g	Vitamin C	0 %DV
Total fat	11 g	Dietary fibre	3 g	Calcium	1 %DV
Saturated fat	4 g	Sugars	0 g	Iron	8 %DV
Cholesterol	200 mg	Protein	47 g		
Sodium	490 mg	Vitamin A	4 %DV		

Nutrition (per ¼ chicken, leg with skin, no sauce)

Calories	314	Carbohydrate	1 g	Vitamin C	0 %DV
Total fat	19 g	Dietary fibre	2 g	Calcium	3 %DV
Saturated fat	6 g	Sugars	0 g	Iron	11 %DV
Cholesterol	233 mg	Protein	35 g		
Sodium	432 mg	Vitamin A	3 %DV		

Nutrition (per 2 tbsp sauce)

Calories	51	Carbohydrate	1 g	Vitamin C	0 %DV
Total fat	4 g	Dietary fibre	0 g	Calcium	1 %DV
Saturated fat	2 g	Sugars	0 g	Iron	0 %DV
Cholesterol	14 mg	Protein	0 g		
Sodium	199 mg	Vitamin A	3 %DV		