

Meister Club Peri-Peri Marinated Chicken Flattie

1 - 1.2 kg	1 x Whole Chicken or Plain Flattie
20 g	BBQ King Seasoning (Product Code: 4412095)
100 ml	Meister Club Peri-Peri Marinade (Product Code: 8110815)
1	Natvac Bag 250 x 350 mm 70 micron (Product Code: 6407134)

METHOD

1. Using kitchen scissors, cut down one side of the backbone, from the "Pope's Nose" end to the far neck end. Repeat this up the same length but on the adjoining side of the backbone. Discard the backbone strip you have just cut out.
2. Turn the chicken over with the newly opened side facing down on the board.
3. Press down hard on the chest of the chicken, to hear the bone snap and chicken collapses flat.
4. Rinse the carcass inside surfaces and wipe dry with kitchen paper towel. Place each chicken in a shallow sealed container. Rub the skin all over with **BBQ King Seasoning**.
5. Place the Chicken in the **Vacuum Bag** pour the **Meister Club Peri-Peri Marinade** evenly over the chicken.
6. Vacuum and refrigerate and chickens in the marinade every few hours.

COOKING METHOD: BRAAI

1. Pre-heat the grill for indirect cooking over medium-hot coals (180° C).
2. Cook the chickens over the indirect heat with the lid in position. Allow 45 minutes, then test by inserting a skewer into thick thigh sections, to ensure clear juices escape, which will mean the chickens are cooked through sufficiently.

COOKING METHOD: FRYING PAN

1. Warm oil and butter in a heavy bottom frying pan. Brown the chicken, start with skin side down first before turning.
2. Add 100 ml water mixed with left over marinade in on the side of the pan.
3. Cover the pan with a tight fitting lid. Simmer very slowly for 30 minutes. Remove the lid and cook open for a final 10 minutes.

COOKING METHOD: OVEN

1. Pre-heat the oven to 230° C. Line a large rimmed baking sheet with foil. Place chicken on top of the foil
2. Place the baking sheet in the pre heated oven Roast until skin is crisp and an instant-read thermometer inserted into thickest part of breast reads 750° C, about 35 minutes. Let stand 5 minutes before cutting chicken into 8 pieces.

COOKING METHOD: AIR FRYER

1. Pre-heat air fryer to 150° C.
2. Place chicken in the air fryer skin side up. Option to line the base of the air fryer with parchment for easier clean up.
3. Cook for 50 - 55 minutes until cooked through and crisp.

SERVING

1. Sprinkle with more BBQ KING if desired. Serve with **Mexican Savoury Rice** or **Loaded Mash** and **Salted Caramel Peppermint Crisp Tart**.

CHEF'S TIP

- The initial refrigerated chicken marinade time should not exceed 2 days, for reasons of food safety.
- Two metal kebab skewers inserted into the sides of each chicken makes lifting during cooking easier.
- For a less heat option use **Meister Club Sweet Chilli** or for no heat use **Meister Club Lemon and herb**.

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