

Tuscan-Style Rosemary Chicken

In Tuscany, flattened whole chickens are cooked between two pieces of terra cotta to yield a crisp outside and a moist interior. The terra cotta utensil, called a mattone, is heated and cooks on top of the stove. Our version uses utensils available in most kitchens. The chicken skin is also removed to lower the fat content of the dish.

1 whole 3-lb (1.5-kg) chicken

1 lemon, cut in half

¼ teaspoon salt

freshly ground pepper to taste

4 teaspoons olive oil

1 tablespoon fresh rosemary leaves

1. Cut the chicken lengthwise through the backbone, and flatten the two sides by pressing the breastbone. Remove and discard the skin from the breast, legs and thighs. Rub the meat with 1 lemon half. Season with the salt and pepper.
2. Heat a large cast-iron or nonstick skillet, and add 2 teaspoons of the olive oil. When the oil is very hot, place the flattened chicken, bone side up, in the pan. Brush the remaining oil over the top of the chicken, and sprinkle with the rosemary.
3. Place a flat plate or another skillet on top of the chicken, and weight it with a large can of food or two bricks. Cook for 35 minutes over medium heat, turning every 10 minutes.
4. Squeeze the juice of the other lemon half over the chicken, and serve immediately.

Serves 4

1 serving: Calories 270, Protein 35 g, Carbohydrates 1 g, Fiber 0 g, Total fat 14 g (Saturated 3 g, Monounsaturated 7 g, Polyunsaturated 2.5 g), Cholesterol 110 mg, Sodium 250 mg.

▲ 1 Meat