

# CHICKEN UNDER BRICK



COOK TIME  
35 minutes

TEMPERATURE  
425°



SERVINGS  
1 Whole fryer

## Ingredients

- 1 fryer
- Salt, pepper, and herbs to taste
- 1 T oil
- 1/4 C. chicken broth (optional for gravy)
- 2 heavy clay bricks wrapped in foil

## Steps

Using kitchen shears, cut down both sides of chicken and remove and discard backbone. Cut through breastbone from the inside until chicken lays flat. Season chicken on the inside with salt, pepper, and favorite herbs. Season chicken on the outside with salt and pepper only. Let chicken sit with breast side up for 20 min at room temperature. Pat dry on breast side only. Then brush lightly with oil and reapply salt and pepper. Place chicken breast side down in a heated 12-inch cast iron dish. Place bricks on top to evenly weigh down chicken. Bake chicken in 425° brick oven for 25 min. Remove bricks. Turn chicken over (breast side up) and cook another 5-10 min until chicken temp reaches 165° and juices run clear. Remove from oven. Let sit for 5 min covered with foil to reabsorb and distribute juices back into chicken. Delicious!

## Notes

- Make sure cast iron skillet is nice and hot to help get a nice sear on top of chicken breasts.
- I found long handled tongs work well to flip chicken over during cooking.
- Don't forget to deglaze the pan for even more added flavor. I use a little bit of chicken broth added to the hot pan.