

SPRING CHICKEN WITH ASPARAGUS SALAD

1 whole chicken (3 1/2 to 4 pounds) spatchcocked
1/2 cup olive oil
Juice and zest of 1 lemon
2 garlic cloves, finely grated
2 tablespoons chopped fresh oregano
Kosher salt and freshly ground black pepper

Special equipment: Strong scissors or poultry shears

To spatchcock the chicken, use strong kitchen scissors or poultry shears and cut down either side of the spine. Pull out the spine, turn the chicken over and press down on the breast of the chicken to flatten it out to one thickness.

Whisk together the olive oil, lemon juice and zest, garlic and oregano. Put the chicken in a gallon-size resealable plastic bag and rotate to mix in marinade. Or place chicken in a rimmed dish, pour in marinade, and rotate it around to evenly distribute the marinade. Refrigerate if not cooking within an hour.

Prepare a grill to medium high heat. Sear the chicken on both sides until you have some nice color. Then prepare grill for indirect heat. Placing 3 or 4 burners or 2 of 3 burners (depending on your grill) on medium heat. Place chicken on the burner that is not lit. Surrounding it with the lit burners.

Cover and cook until an instant-read thermometer inserted in the thickest part of the thigh (avoiding the bone) reads 165 degrees F (almost cooked through), about 50 minutes.

Move the chicken over to the direct-heat side of the grill for any additional crisping up of the skin. Remove from the grill; let rest 20 minutes before carving.

ASPARAGUS SALAD WITH EDAMAME AND PEAS

1/2 cup extra virgin olive oil
Juice and zest of 1 lemon
1 large garlic clove, finely grated
2 tablespoons chopped fresh oregano
Salt and pepper

Asparagus (one bunch), ends trimmed
1 cup Edamame
1 cup peas (petite frozen are fine)
1 cup lima beans
Arugula
Feta cheese

Toasted nuts (pine nuts, pistachios, almonds)

In a small bowl or glass jar (preferable) whisk together all above ingredients. Season with salt and black pepper, taste and adjust. Set aside or refrigerate until ready to use. NOTE: If refrigerating, bring to room temperature before using.

Blanch the asparagus in salted boiling water for about 3 minutes or until crisp-tender; do not overcook. Remove from heat and immediately place in an ice bath to stop the cooking. Once cooled, remove and dry off. Do the same process just briefly though with the with the lima beans and edamame if using. The frozen peas, do not need to be blanched.

Slice the asparagus on the bias into 1 1/2 inch lengths, making sure not to cut the tips, leave them whole. Combine all of the vegetables into a bowl and mix well with salad dressing, reserving a bit of dressing for the chicken.

To serve – Place a bunch of arugula on a platter, pour your combined vegetables on top and garnish with feta cheese and toasted nuts.

Carve your chicken into pieces and top with additional salad dressing just before serving.