

# SPATCHCOCK CHICKEN WITH TOASTED FENNEL & GARLIC



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**1 QTY. 5 TO 6 LB. CHICKEN**

**1 TBSP. TOASTED FENNEL SEED**  
**1/2 TSP. PEPPER**

**2 CLOVES GARLIC, MINCED**

**1/2 TSP. SALT**

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## PREPARATION

- To Spatchcock the chicken, remove the backbone by cutting down both sides of the backbone.
- Next turn the bird over and make a cut down the keel bone, which is right in the center. This will allow the chicken to lay flat.
- When ready to cook, start the Traeger on smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 450 degrees F and preheat, lid closed, for 10 to 15 minutes.
- While the grill is preheating, rub the chicken with the fennel, garlic, salt, and pepper, and let it come almost to room temperature (This will help it cook faster).
- Place the chicken, skin-side down on the grill. Cook 8 to 10 minutes, or until there are good grill marks.
- Turn the chicken over and cook until the meat reaches an internal temperature of 160 degrees. Enjoy!

**Difficulty:** 3/5  
**Prep time:** 20 mins  
**Cook time:** 45 mins  
**Serves:** 6 - 8  
**Hardwood:** Mesquite

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10 mins | 9 Ingredients



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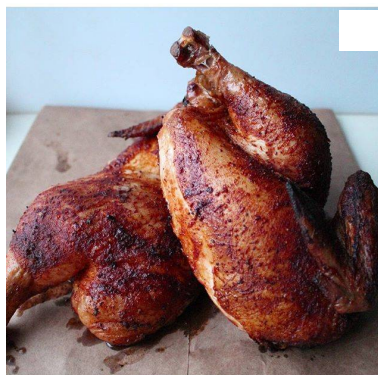
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