

## Spring Herb and Prosciutto Grilled Chicken

Goats, Guests, and Glorious Food | May 2007



*For a simple side dish, toss assorted vegetables (such as fennel wedges, peppers, and whole mushrooms) with olive oil and grill alongside the chicken on a vegetable grill rack or on skewers just until tender.*

- 1 LEMON
- 1/2 CUP FINELY CHOPPED FRESH CHERVIL OR TARRAGON
- 1/4 CUP FINELY CHOPPED FRESH CHIVES
- 1 SHALLOT, FINELY CHOPPED, OR 3 TBSP. FINELY CHOPPED ONION
- 2 TBSP. BUTTER, SOFTENED
- 1 TSP. FRESHLY GROUND BLACK PEPPER, DIVIDED
- 1/2 TSP. KOSHER SALT OR COARSE SEA SALT
- 3 OZ. PROSCIUTTO, FINELY CHOPPED (1/2 CUP)
- 1 5-5 1/2 -LB. WHOLE CHICKEN
- 1 TBSP. BUTTER, MELTED

Finely shred enough peel from the lemon to equal 4 teaspoons; halve the lemon. Set peel and lemon aside. In a small bowl stir together lemon peel, chervil or tarragon, chives, shallot, 2 tablespoons softened butter, and 1/2 teaspoon of the pepper. Stir in prosciutto and set aside.

Rinse chicken skin and cavity with cold running water. Pat dry with paper towels and place on work surface. Using your fingers, gently separate skin from meat along breasts and legs to create pockets (try not to tear the skin). Using a spoon or your fingers, insert butter mixture into the pockets between the skin and meat. Rub surface of chicken to evenly disperse butter mixture under skin. Sprinkle cavity with salt and remaining 1/2 teaspoon pepper and add lemon halves to cavity. Tie drumsticks securely to tail; tuck wings under breast. Brush entire chicken with melted butter. Cover; refrigerate chicken until ready to grill (the chicken can be prepared up to 1 day in advance).

For a charcoal grill, arrange preheated coals around a drip pan. Test for medium heat above the pan. Place chicken, breast side up, on grill rack over drip pan. Cover; grill for 1 3/4 to 2 hours or until chicken is no longer pink and drumsticks move easily (180° in thigh muscle), cutting string between legs after 1 1/2 hours. For a gas grill, preheat grill. Reduce heat to medium. Adjust for indirect cooking. Place chicken on a rack in a roasting pan. Grill as above. Remove chicken from grill. Cover with foil; let stand for 10 minutes. Makes 6 servings.

Per serving: 624 cal., 44 g fat (15 g sat. fat), 217 mg chol., 729 mg sodium, 2 g carbo., 0 g fiber, 52 g pro.