

CHARGRILLED CHICKEN WITH GARLIC & ROSEMARY POTATOES

POLLO ALLA GRIGLIA CON PATATE ALL'AGLIO E ROSMARINO

I made this delicious chargrilled chicken dish when we were filming on the wonderful island of Elba, off the coast of Tuscany. There I had the privilege of meeting octogenarian Roberto, who's been studying and working with bees for over 40 years. He taught me how to 'whisper' to the bees and I managed to harvest some fresh honey straight from the hive. I then rubbed it over the meat for added flavour before chargrilling. This is a great way to cook chicken, and the garlic and rosemary potatoes make a wonderful accompaniment.

Serves 4

1.3kg whole free-range chicken
3 tablespoons runny honey
1 tablespoon fresh chopped rosemary
2 garlic cloves, peeled and crushed
3 tablespoons tomato purée
50ml extra virgin olive oil
Juice of ½ lemon
1 tablespoon chopped fresh parsley to garnish
Salt and freshly ground black pepper

For the potatoes
500g new potatoes, scrubbed and halved
75ml extra virgin olive oil
4 garlic cloves, peeled and finely sliced
3 sprigs of rosemary, leaves removed

1] To spatchcock the chicken, remove any trussing string and place the bird breast-side down on a board. Using a sharp knife or poultry shears, cut along both sides of the backbone and discard. Turn the chicken over and, using the heel of your hand, press firmly along the breastbone to break it and flatten the bird.

2] Drizzle the honey over the chicken then scatter over the rosemary and garlic. Spread over the tomato purée and drizzle with oil. Season with salt and pepper. Rub the mixture all over the chicken to coat.

3] Preheat a large ridged cast-iron chargrill pan over a high heat for 5–10 minutes. Once hot, reduce the heat to medium and place the chicken breast-side up on the griddle. Squeeze over the lemon juice. Cook for 15 minutes each side or until golden and cooked through. Leave to rest and keep warm.

4] Meanwhile, bring a pan of salted water to the boil. Parboil the potatoes for 4–5 minutes or until tender and drain thoroughly.

5] Heat the oil in a large frying pan over a medium heat. Add the garlic and as soon as it starts to sizzle add the rosemary and potatoes. Season with salt and pepper. Fry the potatoes for 4–5 minutes or until golden brown, turning often.

6] Cut the chicken into pieces and place on a serving platter with the potatoes. Scatter over the parsley.

