

Grilled Citrus Chicken

Tender chicken with subtle flavours of citrus and spice. Serve with wedges of grilled lemon, lime and orange so your guests can squeeze as much or as little juice over their chicken as they'd like.

Butter, softened	1/4 cup	60 mL
Maple (or maple-flavoured) syrup	1 tbsp.	15 mL
Garlic cloves, minced (or 1/2 tsp., 2 mL, powder)	2	2
Finely diced fresh hot chili pepper (see Tip, page 150)	1 tsp.	5 mL
Grated lemon zest	1 tsp.	5 mL
Grated lime zest	1/2 tsp.	2 mL
Grated orange zest	1/2 tsp.	2 mL
Salt	1/2 tsp.	2 mL
Pepper	1/2 tsp.	2 mL
Whole chicken	4 lbs.	1.8 kg

Combine first 9 ingredients in small bowl.

Place chicken, backbone up, on cutting board. Cut down both sides of backbone with kitchen shears or sharp knife. Remove and discard backbone. Turn chicken over. Press chicken flat. Carefully loosen skin on breasts and legs but do not remove (see Tip, below). Spread about 1/4 cup (60 mL) butter mixture onto meat under skin. Rub remaining butter mixture over skin. Chill, covered, for 4 hours. Preheat barbecue to medium-high. Place chicken, skin-side up, on one side of greased grill. Turn burner under chicken to low, leaving opposite burner on medium. Close lid. Cook for 30 minutes. Carefully turn chicken over. Close lid. Cook for about 30 minutes until meat thermometer inserted into thickest part of thigh reads 180°F (82°C). Transfer to cutting board. Cover with foil. Internal temperature should rise to at least 185°F (85°C). Let stand for 10 minutes. Serves 6.

1 serving: 299 Calories; 16.2 g Total Fat (5.1 g Mono, 2.3 g Poly, 7.2 g Sat); 123 mg Cholesterol; 3 g Carbohydrate; trace Fibre; 34 g Protein; 348 mg Sodium

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