



UNION HOME COOK

HOME IT. OWN IT.

For other home cook kits:
416-850-0093
unionhomecook@gmail.com

SPATCHCOCK HEN (BRINED AND READY FOR BBQ)

BANK THE COALS.

GET TEMPERATURE TO 375-400°F.

START THE HEN BONE SIDE DOWN ON COALS FOR 10 MINUTES WITH LID ON.

FLIP OVER ON SKIN SIDE FOR 5-10 MINUTES DEPENDING ON FLARE UPS—YOU DON'T WANT A GREASE FIRE ON THE BIRD BUT YOU DO WANT IT TO GOLDEN UP AND CRISP AND BLISTER.

MOVE HEN ONTO OPPOSITE SIDE OF BBQ AND COOK BONE SIDE DOWN FOR ANOTHER 25-30 MINUTES. YOU CAN PUT IT SKIN SIDE DOWN TOO IF YOU FEEL IT NEEDS A LITTLE MORE LOVE ON THAT SIDE.

HEAT UP THE HABANERO HONEY GLAZE AND POUR IT ON AND ROLL HEN AROUND IN IT UNTIL GLAZY AND HAPPY.

NOTES: