

Chicken flats

Take as many skin-on chicken thighs as you need. Using a small, sharp knife (and taking great care of your fingers!) cut out the thighbones.

Season liberally with sea salt.

Tip some buttermilk into a dish and slice in a clove of garlic for every couple of thighs. Layer the chicken with the buttermilk and garlic, making sure the flesh is well slathered and wrap the dish before storing in the fridge. (overnight is best)

An hour before you are ready to eat, take the chicken out of the fridge.

Using kitchen paper, wipe most of the buttermilk and garlic off the chicken and keep it on a plate until you are ready to cook.

Turn the oven on to heat up to 200 degrees and put a large roasting tin and a smaller baking tin in to heat up.

Put some oil into the hot roasting tray and quickly lay the thighs in the hot oil, skin side down. Be careful not to over fill.

Place a sheet of foil over the top and (using oven gloves!) put the other tray on top and weight it down with something oven proof. The idea is to press the thighs as flat as possible.

After 20 minutes in the oven remove the top tray and flip over the thighs so that they are exposed to dry heat to brown up the skins.

Cook for another few minutes until golden brown and serve in flatbreads or buns with crisp lettuce and a dollop of mustard or mayo.

Note – for just 4 thighs, you could fry the thighs in a frying pan and weigh them down with foil and another heavy pan on top.