

BBQ SPIT ROTISSERIES

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Cooking with Rotisseries

Lamb on spit, Pig on spit, Spit roast, Rotisserie, BBQ Spit Roast, Cooking Recipes

Recipe:

1 whole lamb/pig all innards removed (15-20kgs)
Salt, freshly ground pepper and cumin powder.
Strained fresh lemon juice
Olive oil
Oregano / thyme

Preparing your lamb or pig:

Have butcher remove all innards from lamb. Rub inside of lamb (or pig with salt and pepper.)

Pass skewer (it should be at least 8 to 12 inches longer than the animal on both sides) between animal's hind legs, tying them to the rod, then carefully through the stomach cavity and through it's chin and mouth. Tie the front and back legs to the skewer and be sure that the back of the animal is straight on the skewer.

The skewer should come out exactly in the middle of the animal's mouth. Tie the middle of the animal to the skewer and sew the stomach cavity closed. Rub the entire surface of the lamb (or goat) with lemon juice, olive oil, salt, pepper, cumin powder and oregano or thyme.

Roast lamb over slow-burning coals - the fire should be started about 1 hour before cooking the animal - by turning slowly and steadily for several hours.

Do not put the charcoal/heat beads directly under your meat whilst cooking. This is to ensure that when the oil and fat from the meat drips, your meat will not catch on fire. The charcoal/heat beads should be positioned towards the front of the spit tray.

Brush intermittently during roasting with a mixture of lemon juice, olive oil, with a sprig of rosemary. When the skin on the shoulders and legs begins to burst and the lamb or pig becomes the colour of deep redwood or chestnut, the meat should be fork-tender. This will take at least 4 hours of slow spit-roasting. Carefully remove the meat from skewer and carve.

As the size of each beast varies, it is recommended that you ask your butcher for an estimated cooking time.

If you've ever tasted juicy roasted meat cooked attentively on a rotisserie, I'm sure you'll agree with us when we say that it's the best way meat could possibly be cooked. The delicious smell of the roast cooking slowly over a bed of charcoal is sure to get your neighbours attention!

For the frequent spit roast connoisseurs, we're sure you've perfected your own 'top secret' recipe, however for the novice who needs a helping hand, these recipes and cooking suggestions are sure to get you started.

If any spit roast connoisseurs would like to share their recipes/handy cooking tips, send us an email and we'll gladly post them onto our site so others can enjoy their roast as much as you enjoy yours.



Pass skewer through the lamb/pig



Tie the neck and front legs to the skewer using wire



Affix the back brace through the spine of the lamb and skewer



Affix the plate on the back brace and tighten the wing nuts.



Tie the back legs to the skewer and insert the prong into the lambs hips



Sprinkle spices into the stomach cavity



Sew the stomach cavity closed using a thick needle and thread.



Rub spices on the outside of the lamb prior to cooking.



Remember to continually baste your lamb with a sprig of rosemary using a mixture of lemon juice, olive oil and oregano



Lamb cooking over a bed of charcoal. Note how the charcoal is not directly under the lamb. This prevents the lamb from catching fire when the fat drips.

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Cooking a Goat

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Recipe:

1 whole goat all innards removed (aprox. 10kgs)
Salt, freshly ground pepper, cumin powder,
garlic slithers, chili flakes and oregano.
Lemon juice & olive oil to baste while cooking

Meat Preparation:

Allow the meat to marinate overnight to ensure the flavours fully absorb into the meat. Depending on the temperature, you may like to leave the meat outside of the fridge overnight as this will reduce cooking time if the meat is at room temperature. Care must be taken if the outside temperature is too hot as the meat may spoil if left out of the fridge overnight. An alternative would be to remove the meat from the fridge early in the morning on the day of cooking.

Heat Source:

You can cook your rotisserie either using heat beads, charcoal or wood. SQC International recommends using charcoal as this gives your meat a more authentic flavour. Charcoal may be obtained at hardware stores or at your local charcoal chicken store. SQC International also sells mallee root charcoal in 20kgs bags which is available for pick-up.

You should light your charcoal **45mins to 1 hour prior** to putting the meat over the heat.



Pass skewer through the goat



Affix the goat onto the spit using leg brackets for each set of legs, prongs for these shoulders and hind legs and a back brace for the center of the spine



Goat approximately 2.5 hours into cooking time



Goat ready to be carved

CARVING TIME



TRADITIONAL PORK ROAST

Ingredients

- 3kg pickled pork
- 25g salt
- 15g pepper
- 1 tablespoon finely cut rosemary

Method

Rub all the ingredients into and around the pork. Make incisions into the meat approximately 2cm long and allow the spices to infuse the meat.

If the pork roast has a thick layer of fat, do not baste the meat while cooking otherwise the skin will turn rubbery and you will not get any crackling.

Cooking time Approximately 3.5 hrs



Pictured above: Secure the pork to the rotisserie skewer using 2 chicken prongs and butcher's string



Pictured above: 3hrs in and the heat has been ramped up to get the crackling



Above: When the internal temperature reaches 75, remove meat from fire.



Above: Return the skin to the charcoal if it needs more crackling



Right: The perfect roast pork lunch with crackling and roast potatoes

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