

ROTISSERIE COOKING TIPS

Planning – pre-heating the rotisserie for 12-15 minutes prior to cooking is recommended for achieving optimum results. Cooking time will be approximately the same as oven roasting however the heat can be reduced or the racks pulled further away from the heat for very slow roasting without risk of drying out the meat.

Pre-heat the Rotisserie

- ❖ Turn the gas control knob to the ignition symbol and press it in to open the thermocouple valve so the burner can ignite. Count to ten and release the knob, at this point the thermocouple will be heated and the burner will remain lit.
- ❖ Turn the gas control knob to high to preheat the unit for at least 15 minutes.

Loading the Spit

- ❖ Insert the spit through the center of the meat and secure it at each end with the prongs and screw them tightly into position. Chickens, small hens and turkey should also be tied with string to ensure even turning.

Cook the Meat

- ❖ Set the roast on the appropriate rack position. Most often this will be the mid rack, however if roasting several chickens, ducks or game hens use the top and bottom racks.
- ❖ Place the drip pan under the meat.
- ❖ Flip the rotisserie switch and make sure the roast turns evenly without stopping and then flipping. If it is not turning evenly, re-position the meat before it gets too hot to handle.
- ❖ Cook on high heat for 15 minutes then reduce the temperature to medium for the remainder of the cooking time.
- ❖ Allow the meat to rest for 10-15 minutes before carving.

Cleanup

- ❖ Discard the rendered fat in the drip tray and wash the drip tray in the dishwasher.
- ❖ Wash the skewer, clamps and screws in hot soapy water.



ROTISSERIE RECIPES

Boneless Prime Rib Roast

A boneless cut of Prime Rib is ideal for rotisserie cooking because it is evenly weighted and will turn well without stalling the motor. Because the bones are on one side of the meat a bone in roast is more challenging to keep evenly weighted so if roasting a bone in roast a 4-6 bone would be the maximum.

Weight	Time	Seasoning
5 – 6lb	1 hr	1 – teaspoon kosher salt
7 – 8lb	1 ¼ hrs	Freshly ground pepper
9 – 10lb	1 ½ hrs	1 – teaspoon garlic powder 2 – teaspoons herbs de Provence 1 – tablespoon olive oil

Combine the seasoning with the oil and rub into the meat, at least 2 hours before cooking. The meat can also be seasoned a day before cooking. Tie the meat with butchers string in 2" intervals and insert the rotisserie skewer through the middle of the roast. Center the roast on the skewer and push the clamps firmly into place at each end and secure the clamps with the screws.

Pull the rack supports out to the first hole and secure with the pins. Place the roast on the mid rack position and secure with the remaining pins. Cook for the appropriate amount of time and rest the meat for 10-15 minutes before carving.

ROTISSERIE BEEF FILET

- 1 – 3lb beef fillet
- 8 – slices thin cut bacon

Beef fillet has very little fat so wrapping some bacon slices around the beef will add a lot of flavor and keep it moist. Season the meat with salt and pepper and wrap it horizontally with the bacon slices. Tie the slices in place with butchers string and tie the string vertically around the roast so that it holds its shape.

Since beef fillet roasts have a narrow profile the rack supports do not have to be extended. Place the skewer on the mid-rack position and cook on high heat for 10-15 minutes then reduce the heat to medium and cook for another 20-30 minutes depending on the degree of doneness you prefer.

Remove and rest for 10 minutes before carving.

ROTISSERIE CHICKENS

- 2 – 3lb chickens or
- 1 – 6lb chicken
- 1 – teaspoon kosher salt
- 1 – tablespoon Old Bay seasoning
- 1 – tablespoon olive oil

Note – when handling raw chicken, have all your seasonings and twine ready and a rimmed baking sheet to work on and also wear a pair of disposable gloves.

Remove the giblets and wash the chickens inside and out and dry them thoroughly with paper towels. Place the chicken on a rimmed baking sheet, and truss the chicken with twine. Tie the front legs together and knot securely, extend the string down the back of the chicken and wrap the string several times around the body, securing the wings so they don't swing loose as the chicken rotates. Mix the seasoning with the oil and spread over the chickens.

Insert the spit through the center of the chicken cavity and slide the prongs into place and push them into the fleshy parts of the chicken and secure them as tightly as possible with the screws.

Small chickens 3-4lbs will cook in approximately 45-50 minutes on medium high heat. Larger chickens 5-7lbs will take 60-70 minutes. When cooking larger chickens reduce the heat to medium for the final 15 minutes of cooking to avoid over browning.

ROTISSERIE TURKEY

- 1 – small turkey not more than 10lbs in weight or
- 1 – turkey breast 5-6lbs

Follow the instructions for rotisserie chickens and be sure to tie the turkey tightly to keep the weight evenly distributed. The racks should be pulled out to the furthest position when cooking a whole turkey to risk over browning.

Allow approximately 1½ hours to cook a 10lb turkey and 1 hour for the turkey breast.

ROTISSERIE DUCK

- 1 – 5-6lb duck

We have found that roasting duck at lower temperatures for the initial cooking actually works the best, that way the meat is incredibly tender and the fat renders without splattering and making a huge mess. We increase the heat during the last 15 minutes of cooking to crisp the skin and the duck is perfect every time.

Season the duck and load onto the rotisserie skewer in the same manner as the chicken. Cook the duck on medium heat for 1½ hours, then increase the flame to high and cook for another 10-15 minutes to crisp the skin. Duck renders a lot of fat so handle the drip tray carefully and pour off the fat halfway through the cooking process if too much accumulates in the drip tray. Duck fat is a flavorful low cholesterol fat that is delicious to use for saute and for roasting potatoes so it is definitely worth saving.

BONELESS LEG OF LAMB

- 1 – boneless leg of lamb, approx 5lbs
- 5 – cloves garlic, minced
- 2 – tablespoons fresh rosemary leaves, minced
- 2 – teaspoons, balsamic vinegar
- 1 – tablespoon olive oil

Combine the seasonings with the balsamic vinegar and olive oil in a small bowl.

A boneless leg of lamb has been butterflied in order to remove the bone. If the roast is already tied, carefully untie the roast and spread it flat on a rimmed baking sheet and spread the seasoning mix over both sides of the meat.

Roll the meat again and tie it with butchers string in 2" intervals to make a tight packet. Insert the skewer and center the meat on the skewer, secure the clamps and place on the mid rack position. Allow one hour to an hour and a quarter cooking time and rest the meat for 10-15 minutes before carving.

A bone in Leg of Lamb will work well because the bone is in the center. Tie the meat to keep it compact and insert the skewer following the line of the bone. Cooking time will be the same.

ROTISSERIE FISH

In order to cook fish on the rotisserie you will need to purchase the accessory fish basket. This is a two-piece stainless frame, the fish is laid flat on one side of the frame and the other side is clamped in place to prevent the fish from slipping out while turning. Small dense fish steaks can be cooked quickly on high heat but larger whole fish should be roasted on more moderate heat to ensure even cooking.

The fish frame can also be used for roasting small hens that have been cut in half and small boneless roasts or thick cut pork chops.

