

BARBECUED BEEF ROUND

INGREDIENTS :

3kg round roast
½ cup olive oil
¼ cup lemon juice
1 tablespoon salt
1 tablespoon dried rosemary leaves
1/2 cup of either BBQ sauce or tomato sauce
1 bay leaf crumbled
½ tablespoon cracked black pepper

PREPARATION :

Mix oil, BBQ/tomato sauce, lemon juice, bay leaves, salt, pepper and rosemary. Pour approximately ¾ of the mixture over beef and allow to marinate overnight turning the meat every couple of hours. Remove beef from refrigerator 1 hour before roasting. Secure roast on spit, balancing evenly. Baste the meat in the left over mixture every 20 minutes.

non-flammable
butchers string
holding together
the beef

HOT TIP

use butchers twine to keep the roast together and reduce stress on your motor

