



# **BBQ Spit Rotisseries**

*the outdoor cooking specialists!*

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## **LAMB SPIT ROAST**

## **COOKING GUIDE**

### **Volume 1 – Whole Lamb**

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[www.bbqspitrotisseries.com.au](http://www.bbqspitrotisseries.com.au)

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## WHOLE LAMB

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### GARLIC INFUSED WHOLE LAMB

#### Ingredients

- 15kg whole lamb
- 24 cloves of garlic
- 100g sea salt
- 50g freshly ground black pepper
- 30g oregano (freshly ground is preferable)
- 150mL olive oil
- 150mL lemon juice
- Tablespoon salt
- Sprig of rosemary approximately 15cm in length

#### Method

Mix the ground black pepper, sea salt and oregano into a bowl.

Use approximately half of this mixture to season the inside of the lamb and insert 15 cloves of garlic inside of the lamb.

Evenly season the inside of the lamb and then skew the lamb onto the spit and secure it with wire. Place the remaining amount of oregano on the inside of the lamb along with 10 cloves of garlic.

Use the remaining ground black pepper, seas salt and oregano mixture to season the outside of the lamb and insert 1 clove of garlic into each leg.

Crush the remaining 5 cloves of garlic and mix with the lemon juice, oil and tablespoon of salt. Use this mixture to baste the lamb using the rosemary sprig every 15-20minutes.

#### Cooking time:

Approximately 5 hours



Pictured above: Generously sprinkle the marinade into the stomach cavity

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## GREEK STYLE WHOLE LAMB

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### Ingredients

- 20kg whole lamb
- 15 cloves of garlic
- 200g sea salt
- 100g freshly ground black pepper
- 50g ground cumin
- 50g oregano (freshly ground is preferable)
- 150mL olive oil
- 150mL lemon juice
- 3 large crushed onions
- 2 springs of rosemary for inserting into the lamb
- 1 Sprig of rosemary approximately 15cm in length for basting

### Method

Mix the ground black pepper, sea salt, oregano and ground cumin powder into a bowl.

Use approximately half of this mixture to season the inside of the lamb. Smear the crushed onions also on the inside of the lamb. Evenly season the inside of the lamb and then skew the lamb onto the spit and secure it with the wire. Use the remaining ground black pepper, sea salt, oregano and ground cumin powder mixture to marinate the outside of the lamb. Make small incisions into the fleshy part of lamb and insert the garlic and rosemary.

Mix with the lemon juice and oil into a jar and use this mixture to baste the lamb using the rosemary sprig every 15-20 minutes.

### Cooking time:

Approximately 5.5 hours



Pictured above: The skin will start to pull away when the meat is almost ready

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## LEMON BUTTER SHEEP

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### Ingredients

- 30kg whole sheep
- 500g salted butter
- Juice of 3 lemons
- 200g salt
- 100g pepper
- 2 garlic heads

### Method

Sprinkle and rub salt and pepper all over the inside and outside of the sheep

Cut each clove of garlic in half, cut slits all over the sheep and insert the garlic.

Mix lemon juice and melted butter in jar and baste every 15 minutes.

Cooking time

Approximately 7 hours



Pictured above: Approximately 4 hours into the cooking process. Notice the nice golden colour and the skin starting to blister

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## WHOLE LAMB WITH THYME AND CAPSICUM

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### Ingredients

- 15kg whole lamb
- 100g sea salt
- 50g freshly ground black pepper
- Bunch of thyme
- Bunch of rosemary
- 1 cup olive oil
- Juice from 5 lemons
- 2 Capsicums cut into large pieces (approx. 8 pieces per capsicum)

### Method

Season the lamb (inside and out) with salt and pepper.

Fill the body cavity of the lamb with the bunches of thyme, rosemary and capsicum pieces. Note: it is not necessary to cut the herbs)

Mix lemon juice and olive oil in a jar and baste using a sprig of rosemary.

### Cooking time

Approximately 5hours



Pictured Above: After 5 hours of cooking, the lamb is ready for carving

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## ROSEMARY & THYME LAMB WITH VEGETABLES

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### Ingredients

- 17kg whole lamb
- 100g sea salt
- 50g freshly ground black pepper
- 4 springs of rosemary for inserting into the lamb
- 5 tabled spoons chopped thyme
- 6 peeled potatoes (whole)
- 3 peeled carrots (halved)
- 2 peeled sweet potatoes (quartered)
- 2 onions (quartered)
- 150mL olive oil
- 150mL lemon juice
- 1 sprig of rosemary approximately 15cm in length for basting

### Method

Mix the ground black pepper, sea salt and chopped thyme into a bowl.

Use approximately half of this mixture to season the inside of the lamb. Insert the potatoes, sweet potatoes, carrots, onions and 4 springs of rosemary into the stomach cavity prior to closing.

Rub the remaining pepper, salt and thyme mixture on the outside of the lamb.

Mix with the lemon juice and oil into a jar and use this mixture to baste the lamb using the rosemary sprig every 15-20 minutes.

### Cooking time:

Approximately 5 hours



Pictured Above: After almost 5 hours of cooking, the lamb is ready.