



BBQ Spit Rotisseries

the outdoor cooking specialists!

BEEF SPIT ROAST

RECIPES

Volume 1



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GARLIC AND CHILLI BEEF

Ingredients

- 5 kg beef
- 100g salt
- 20g freshly ground pepper
- 2 teaspoons chilli paste
- 2 heads garlic crushed
- 3 tablespoons oil
- 100 ml oil
- 100 ml lemon juice
- 1 tablespoon salt
- long sprigs rosemary

Method

Mix salt, pepper, chilli paste, crushed garlic, 3 tablespoons oil and half a sprig of rosemary finely chopped.

Rub mixture around meat.

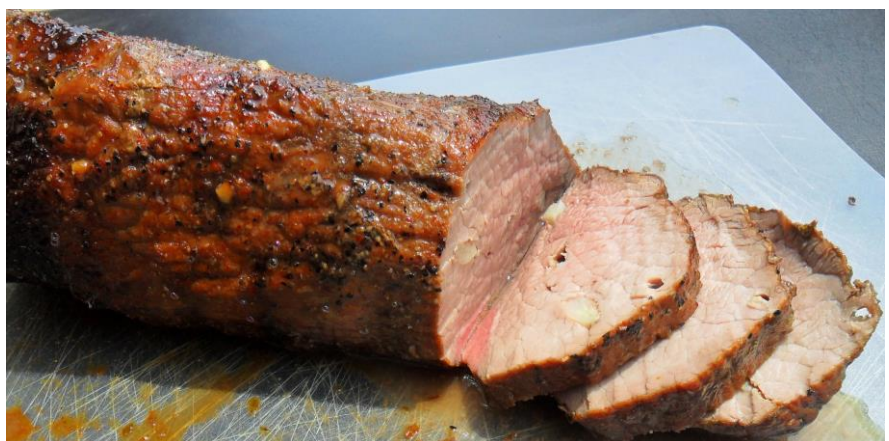
Make approximately 20 incisions into the meat and insert more of the rosemary.

Mix the 100 ml olive oil and 100 ml lemon juice with 1 tablespoon of salt and use 3 long sprigs of rosemary tied together to make a brush to baste this mixture over the meat every 20 minutes.

Cooking time:

Approximately 3 hours.

Pictured Right: Carve the meat into 1cm thick slices before serving



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

Method

Mix oil, BBQ/tomato sauce, lemon juice, bay leaves, salt, pepper and rosemary. Pour approximately $\frac{3}{4}$ 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.

Cooking time

Approximately 2 hours



Pictured Above: Basting your meat regularly will ensure your meat doesn't dry out



Pictured Above: 1.5 hours into the cooking process



Pictured Above: 2 hours into the cooking process and the meat is ready for carving

THAI ROAST BEEF

Ingredients

- 2kg beef
- 2 tablespoons soy sauce
- 2 tablespoon Worcester sauce
- 2 tablespoons sweet chilli sauce
- cloves garlic finely chopped or minced
- 3 tablespoons olive oil

Method

Mix ingredients together and place half of the mixture into a container with meat to marinate for at least 2 hours.

Use the remaining half of the mixture to baste during cooking every 15 minutes.

Cooking time

Approximately 2 hours



Pictured Above: Allowing your meat to marinate overnight will give your meat a more intense flavour.

GREEK STYLE BEEF GYROS

Ingredients

- 10kg beef pieces
- 100g salt
- 50g pepper
- 30g oregano
- 10g mixed herbs
- 5 cloves of garlic
- Rosemary sprig
- Juice from 1 lemon
- 100ml olive oil

Method

Marinate the beef pieces with the salt, pepper, oregano and mixed herbs.

Cut the garlic into thin slithers and using a sharp knife, make incisions into the meat and insert the garlic.

Thread the beef onto the skewer and wedge either using gyros plates or small prongs.

Mix the lemon juice with the oil and use the rosemary sprig to baste the beef regularly.

Cooking time

Approximately 4 hours



Pictured Above: Cook close to the heat to crisp the outside