



BBQ Spit Rotisseries

the outdoor cooking specialists!

BEEF SPIT ROAST

RECIPES

Volume 2



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INDIAN INSPIRED BEEF

Ingredients:

- 3kg beef roast
- 2 tablespoons curry powder
- 1 teaspoon turmeric powder
- 1 teaspoon chilli powder
- 1 clove garlic crushed
- 1 teaspoon ginger grated

Method

Marinate beef in a mixture of all the ingredients and allow to sit overnight. For a more intense flavour, make incisions in the meat so the marinate covers more surface area.

Cooking time:

Approximately 2.5 hours



Pictured above: Notice the generous serving of marinade on the outside of the beef.



Pictured above: Meat is fully cooked and ready for carving

SWEET CHILLI BEEF

Ingredients

- 2kg beef round
- 15g oregano (freshly ground is preferable)
- garlic cloves finely chopped or blended in food processor
- 50g sea salt
- 20g freshly ground black pepper
- 40g sweet chilli powder
- 100mL lemon juice
- 100mL olive oil
- Sprig of rosemary approximately 15cm in length

Method

Mix all the above mentioned ingredients except for the lemon juice and oil and allow beef to marinate.

Pour the lemon juice and olive oil into a jar and use this mixture to baste the beef using the rosemary sprig every 15-20minutes.

Cooking time:

Approximately 2.5hours



Pictured above: Approximately 2 hours into the cooking process.

HONEY-SOY BEEF

Ingredients:

- 1kg beef roast
- 5 tablespoons soy sauce
- 2 tablespoons honey
- 10g mixed Italian herbs

Method

Marinate beef in a mixture of soy sauce, honey (heat to make the honey soft) and mixed herbs.

Make incisions into the beef to allow the marinade to penetrate further into the meat.

Once the meat is almost cooked, lower the meat closer to the heat to crisp up the outside.

Cooking time:

Approximately 2hours

Pictured right: Allow the meat to rest for approximately 5 minutes prior to serving.



TRADITIONAL LEG OF BEEF

Ingredients:

- 10kg leg of beef
- Salt
- Pepper
- Rosemary chopped (leave one sprig unchopped for basting).
- 1 cup olive oil
- 1 cup lemon juice

Method

Rub generous amounts of salt, pepper and chopped rosemary leaves over every surface area

Mix the olive oil and lemon juice in a jar and use this mixture to baste your meat with a rosemary sprig every half an hour.

Cooking time

Approximately 4-5 hours



Pictured above: Ensure the beef leg is fastened securely.



Pictured above: Leg will shrink during the cooking process.

BEEF WITH RED WINE MARINADE

Ingredients:

- 3kg beef round
- 1 tablespoon salt
- 1 teaspoon pepper
- 2 cups red wine
- 1 onion
- 2 cloves garlic

Method

Crush/blend the onion and garlic.

Pour the red wine and onion/garlic mixture into a pot (or large container with a lid) and immerse the beef roast into the mixture. Allow the beef to marinate overnight, turning the beef regularly.

Remove the meat from the fridge an hour prior to cooking and allow the meat to return to room temperature. Hint: Cooking meat at room temperature assists in reducing cooking time. Remove excess moisture using paper towel before putting on your spit rod.

Cooking time

Approximately 2.5 hours

Pictured right: Leave any netting on the meat to keep it from separating while cooking



MUSTARD AND MIXED HERB BEEF ROAST

Ingredients

- 5kg beef roast
- 5 tablespoons mustard (mild or hot)
- 30 grams mixed herbs

Method

Marinate beef roast in a mixture of mustard and mixed herbs. The longer you allow the meat to marinate the better. To get a more intense flavour, make small incisions into the flesh to allow the marinade to go right through the beef.

Cooking time

Approximately 3 hours



Pictured Above: Beef roast just put onto the rotisserie. Notice the beef has taken on the colour of the mustard through overnight marinating.