



BBQ Spit Rotisseries

the outdoor cooking specialist!

**LAMB SPIT ROAST
COOKING GUIDE**



www.bbqspitrotisseries.com.au

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1. PREPARING YOUR SPIT

Assemble your spit ensuring all screws are locked into place.

Place your spit in an area which is partially protected from the wind. For example, near an external wall of a dwelling or shed. If inclement weather is likely, it is recommended you position your spit under cover where it is sheltered from the rain.

2. SPIT ACCESSORIES

2 prongs/forks per piece of meat

1 back brace (if cooking a whole animal)

15kg bag of charcoal (refer to the cooking fuel section)

1 reliable rotisserie motor

Set of tripods, spit frame or upright arms to mount the skewer onto.

Stainless steel wire or leg brackets (if cooking a whole animal)

3. PREPARING YOUR MEAT

If purchasing a whole animal, remove internal organs.

Rinse the meat under cold water.

Remove any excess fat.

Apply your marinade/ingredients and allow to marinate overnight. (If possible) The longer you allow your meat to marinate, the more intense the flavour!

4. AFFIXING MEAT TO THE SPIT

Affixing pieces of meat to a skewer is an easy process. Simply push the meat through the point end of the skewer and hold into place with a prong/fork on either side. Try to push the meat evenly onto the skewer so the weight of the meat is evenly distributed.

To increase the life span of your motor and to obtain an evenly cooked piece of meat, BBQ Spit Rotisseries recommends you use a counter balance weight. This is particularly important when cooking whole animals as it is difficult to distribute the weight of the animal evenly. If your meat is not distributed evenly, the motor will struggle to turn the meat on the 'up side' and will turn quickly on the 'down side'. Not only does this place strain on your motor, it also means that the meat on the 'up side' will cook much quicker than the meat on the 'down side'.

If cooking a whole lamb, you will insert 1 prong/fork through the back legs and 1 prong/fork through the shoulders. You will also require a back brace which, as the name suggests, is inserted through the spine of the animal and onto this skewer. The back brace affixes the middle of the animal to the skewer and prevents it from buckling as you animal is spinning on the skewer. For the legs and neck, you can either use leg brackets and another back brace for the neck, alternatively, you can just tie them down with wire.

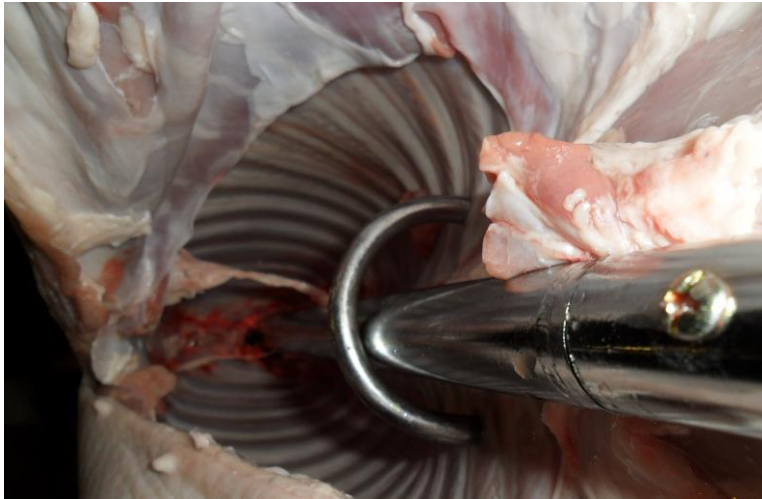
If you do not feel confident affixing your meat to your skewer, most local butchers will affix your meat to the skewer for you.

Once you have seasoned the inside of your animal, use either wire or a thick needle and thread to stitch up the cavity.

It is imperative that you balance your meat correctly onto the skewer. Failure to distribute the weight of your meat evenly will cause your motor to struggle to turn the load on the upswing and hammer down on the downswing. This will cause stress on your rotisserie motor and may cause gears to strip.



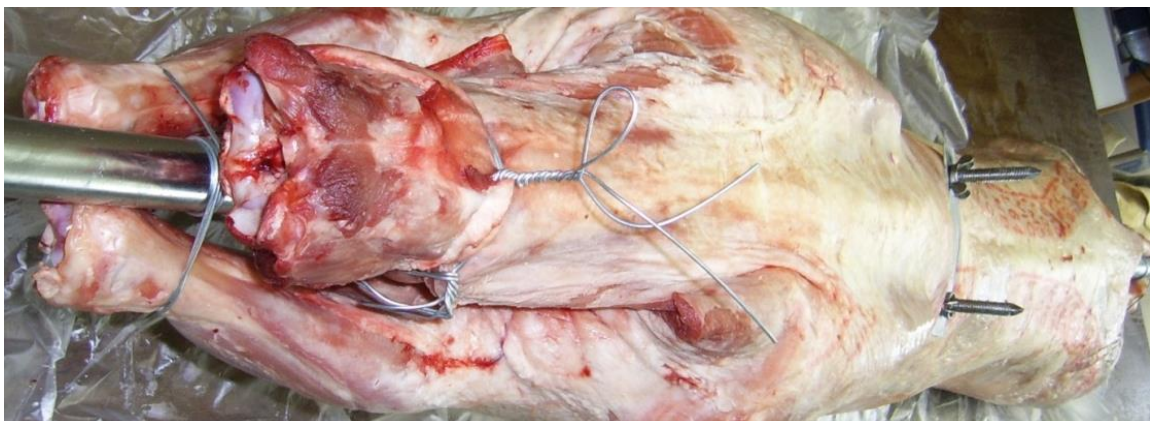
Pictured Above: Prong passed into hips and legs tied to skewer with wire



Pictured Above: Back brace affixed through the spine and around the skewer.



Pictured Above: Stomach cavity being stuck up with butchers string



Pictured Above: Wore used to tie down front legs and leg to the skewer.

5. COOKING FUEL

BBQ Spit Rotisseries recommends charcoal rather than other fuels such as heat beads as it adds to the flavour of the meat. Charcoal can either be purchased from BBQ Spit Rotisseries directly or your local hardware or charcoal chicken shop. If you are unable to access charcoal, heat beads will suffice.

The amount of charcoal you will need will vary depending on the amount of meat you are cooking. Charcoal is generally sold in 10/15/20kg bags. As an approximate guide, allow 1 kg of charcoal for each kg of meat.

Place charcoal in the middle of the tray and spread out to the approximate length of your meat. Your line of charcoal should be as long as your meat, approximately 10cm in width and 10cm in height. Once you have determined how much charcoal you require, push the charcoal into the middle of the tray and light at least 30 minutes prior to starting cooking. The charcoal being bunched together will allow it to catch alight easier, however if you are experiencing difficulties, fire lighters will assist.

Once you put your meat over the spit, push the charcoal towards either the back or the front of the tray and spread it out to the length of the meat on your spit. It is important that the charcoal is not sitting directly under your meat because as your meat cooks, you want to avoid the juice and fat dripping onto the charcoal. Should the juice or fat drip onto the charcoal, the charcoal may catch fire which may result in part of your meat burning. This is why we recommend pushing it towards the back of the tray, however when initially lighting the charcoal, it is important to put the charcoal all together so it ignites evenly and obtains a consistent heat.



Pictured Above: Bunch the charcoal together in a pyramid before lighting



Pictured Above: Once the charcoal has changed colour, it is ready to spread out and add your meat



Pictured Above: Spread the charcoal out to the length of your meat and push either towards the back or front of the tray so the fat and oil of the animal does not drip onto the charcoal while cooking.

6. COOKING TIME

To prevent your meat from drying out while cooking, it is important that you regularly baste your meat every 15-20minutes. A typical basting mixture is 1 part lemon juice to 1 part olive oil and a tablespoon of salt should be applied with a sprig of fresh rosemary. Garlic lovers may wish to add crushed garlic to the mixture.

Cooking time will vary depending on the size of your meat, however as a guide:

- 10kg lamb - 4 hours
- 15kg lamb - 5 hours
- 20kg lamb - 6 hours
- 30kg sheep - 8 hours
- 20cm round diameter lamb roast (not length) 3 hours
- 10kg gyros – 4 hours

Internal temperature cooking guide:

- Rare 60 degrees (140F)
- Medium 65 degrees (149F)
- Well done 70-75 degrees (158-167F)

7. SERVING SIZE

The amount of meat you require per person will vary depending on what other dishes you will also be serving. Assuming the only meat you have is the BBQ spit roast and salads, the following portions is recommended:

Pieces of meat (no bones) - 300g per adult

Whole lamb (incl. bones) - 1kg per adult