



# **BBQ Spit Rotisseries**

*the outdoor cooking specialists!*

---

## **BEEF SPIT ROAST COOKING GUIDE**

---



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

**1300 002 771**

---

## **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
- Charcoal (refer to the cooking fuel section)
- 1 reliable rotisserie motor
- Set of tripods, spit frame or upright arms to mount the skewer onto.
- Butchers string

## **3. PREPARING YOUR MEAT**

---

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.

If cooking a single piece of beef, you will insert 1 prong through either side of the meat. If you are cooking small cuts of beef, such as gyros, you can either use prongs on either end, or flat gyros plates.

If you are cooking a roll of beef where the meat has been deboned have been rolled together to form one roast, use butchers string to wrap around the meat to ensure the meat remains intact. If you do not feel confident affixing your meat to your skewer, most local butchers will affix your meat to the skewer for you.

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: Disks can be used instead of forks to secure the meat to the skewer. Disks are preferred when cooking meat gyros style. Ensure you tighten the screws tightly to prevent the meat from moving



Pictured Above: Meat secured in place using two small prongs.  
It is important each spike protrudes into your meat.



Pictured Above: Use wire or butchers string to secure bones 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 Right: 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 leg of beef - 4 hours
- 15kg leg of beef - 5 hours
- 20cm round diameter beef roast (not length) 3 hours
- 10kg beef gyros – 4 hours

Internal temperature cooking guide:

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

Your meat should be placed approximately 15cm from the coals while cooking.

## 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

Leg of beef (incl. bones) – 750g per adult