

# ROTISOL RECIPE BOOK

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A general guide to cooking with Rotisseries.

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## 1. ROASTING TIMES

Start roasting by adjusting the spit close to the fire box in order to sear the foods rapidly. Then, according to the thickness of the item, increase the distance between the spit and the fire box to finish roasting.

Beef	:	15min per pound (less if you want it rare)
Mutton	:	12-15min per pound
Lamb	:	15-20min per pound
Chicken	:	20min per pound
Pork	:	30min per pound

## 2. WHAT CAN ROAST BY ITSELF?

- i. Chicken
- ii. Duck
- iii. Pork - roast/ribs
- iv. Beef (particularly prime)
- v. Lamb
- vi. Sausage
- vii. Lake Trout
- viii. Mackerel
- ix. Salmon
- x. Tuna - Sword Fish
- xi. Whitefish

These foods have a high enough fat content to make them self basting items, thus avoiding marination and regular basting.

## 3. WHAT NEEDS HELP AND WHAT KIND?

### Fowl and Game :

Marination will increase the tenderness. By the way, we found that stuffing the birds with Philadelphia cream cheese and/or wrapping it with a large piece of lard yields a very moist texture and a tender finish product.

It requires however, more attention to basting during roasting.

### Fish :

Attention should be given to cod, flounder, grouper, haddock, sea bass, snapper, whiting, yellow perch, particularly in slice of fillet (vs. Whole) because of the lack of natural fat content of those fish.

BASTING is more important than marinade for fish - DO NOT BREAD.

## SPIT ROASTED BEEF RIBS

TYPE OF SPIT :- 6 Or 11/19  
                  :- 8 Portions  
COOKING TIME :- 50 Minutes

### Ingredients:-

4 Ribs of Beef  
Thyme  
Oil  
Worcestershire Sauce  
Tabasco Sauce  
Salt

### Recipe:-

1. Remove excess fat from ribs.
2. Mix 2 tablespoons of Worcestershire sauce and several drops of Tabasco Sauce.
3. Coat ribs with this mixture.
4. Set on the Spit and Roast.
5. During cooking, coat ribs lightly with a mixture of oil and thyme.
6. Salt before the meat is done.
7. Cover meat with aluminium foil and let rest for 10/15 minutes before cutting.
8. Cut American style in thick slices, or French style in thinner slices.

## MARINATED ROAST BEEF “VENISON STYLE”

TYPE OF SPIT :- 6 - 16  
                  :- 6 Portions  
Cooking time :- 15 minutes per 1 Lb

### Ingredients:-

Roast beef of about 2<sup>3</sup>/<sub>4</sub>lbs (lard should be separate) 1/2 Bottle Red Wine  
1 Can Chestnut puree (or fresh puree)  
5<sup>1</sup>/<sub>2</sub>tbs Butter  
Sour cream (small carton)  
1 tps Flour  
12 slices of Bread

### Marinade

1/2 Glass Sherry Vinegar  
3tbs Oil  
1 Onion  
2 Scallions  
2 Cloves Garlic  
2 Carrots  
1/2 Stalk Of Celery  
Thyme, Laurel  
Sprigs Of Parsley, Cloves  
4 Grains Of Pepper

### Recipe:-

1. Marinate the roast without the lard, in the marinating sauce (some ingredients of the marinade will need to be chopped or cut up).
2. Turn meat several times.
3. Cover and leave in refrigerator for 24 hours.
4. Place marinated beef on spit, well drained and garnished with the lard.
5. Keep half a glass of marinade and use it to baste.
6. Reduce the marinade over a high flame.
7. Just before service return to the heat.
8. Add sour cream mixed with sifted flour and beat for 5 minutes.
9. Heat up the chestnut puree with some butter.
10. Toast the bread or brown it in some butter.
11. Serve with Watercress.
12. Serve the chestnut puree in a separate dish, coated with croutons.
13. Serve sauce separately.

## BEEF FILLET A LA DU BARRY

TYPE OF SPIT :- 6  
                              :- 6 Portions  
Cooking time :- approx 15 minutes

### Ingredients:-

1 Beef fillet of about 2¼lbs  
1 or 2 Heads of Cauliflower  
4 Juniper berries  
Oil  
3½tbs Butter  
Parsley  
Salt, Pepper grains

### Recipe:-

1. Crush Juniper berries and several grains of pepper.
2. Add to oil and coat the fillet.
3. Set the fillet on the Spit and place on the rotisserie.
4. Salt when cooking is finished.
5. Poach the cauliflower, in bouquets, in salted boiling water.
6. Serve beef surrounded by cauliflower bouquets covered with melted butter and parsley.
7. Serve sauce from drippings separately.

## ROASTED PIG FEET WITH GARLIC SAUCE

TYPE OF SPIT :- 5 or 10 plus prong forks  
                  :- 4 Portions  
Cooking time :- 25 minutes

### Ingredients:-

4 Pigs feet covered in breadcrumbs  
1½oz Butter  
6 Cloves Garlic  
6 Hazelnuts  
6 Green Walnuts  
1tsp White Mustard  
1 Egg  
1 Lemon  
1tbs Chopped Parsley  
1 cup Olive Oil  
Salt and Pepper

### Recipe:-

1. Melt butter and coat pigs feet.
2. Place on spit and roast.
3. During this time, spread the hazelnuts in a baking dish : bake in oven for 3 or 4 minutes.
4. Peel and chop the garlic cloves, crush them with several drops of oil to reduce them to a fine prommade.
5. Separate the white from the yolk of the egg, add the latter and the mustard to the nut and oil mixture.
6. Whip everything with the remainder of the oil as if it were an ordinary mayonnaise.
7. Cut the lemon in half, press one half, cut the rest into slices.
8. Add the lemon juice to the sauce.
9. Serve the pig feet sprinkled with chopped parsley, garnish with lemon slices.
10. Serve sauce separately.



## BITTERSWEET PORK

TYPE OF SPIT :- 1 or 6 or 16  
                  :- 4 Portions  
Cooking time :- 1 hr 15 minutes

### Ingredients:-

2½lbs pork roast, preferably from the fillet

### Marinade

2tbs oil  
6tbs Sherry Vinegar  
4tbs Powdered Sugar  
2tbs Soy Sauce  
2tbs Water  
1tsp Powdered Ginger  
Salt and Pepper

### Recipe:-

Marinate:-

1. Put all ingredients in a small casserole.
2. Stir until boiling.
3. Pour over the pork roast, which should be in a deep dish, and let marinate for at least 1 hour, turning often.
4. Place on the Spit and Roast.
5. Baste often with marinade.
6. Serve the pork fillet surrounded by Chinese mushrooms and rice with peas, for example.



## FRESH SPIT ROASTED HAM

TYPE OF SPIT :- 1/3  
:- 10 Portions

### Ingredients:-

1 Whole Ham of about 8 ½lbs  
Several Cloves  
Salt and Pepper

### Recipe:-

1. Rub the ham abundantly with salt, pepper and crushed cloves.
2. Place on Spit and Roast.
3. Serve this ham with braised spinach, potatoes au gratin seasoned lightly with garlic or, Italian style, fresh pasta seasoned with garlic, cream and fresh chopped basil.

## NORMANDY PORK FILET

TYPE OF SPIT :- 16 or 6 or 1  
                  :- 4 Portions  
Cooking time :- 1 hour

### Ingredients:-

1 Pork Fillet of about 2½lbs  
2 Mild Onions  
8 Apples  
2 cups Cider  
Cloves  
5oz Butter  
Salt and Pepper

### Recipe:-

1. Cut the Onions into quarters.
2. Melt 2oz of butter and cook onions until golden.
3. Then place them in the grease collector pan with the cider.
4. Place the meat on the Spit and Roast after having picked it with 4 cloves.
5. Baste often with the cider in the grease collection pan.
6. Cook the apples in melted butter until golden.
7. Cook in batches.
8. Serve the pork fillet surrounded by the sliced apples.
9. Serve the sauce separately.

## ROASTED SUCKLING PIG

TYPE OF SPIT :- 7 or 4  
:- 10 ~ 12 Portions  
Cooking time :- 2 hr 30 minutes

### Ingredients:-

1 Small whole Suckling Pig of about 8-12lbs  
7tbs Butter  
1 cup Dry White Wine  
1 Clove Garlic  
Lemon  
Thyme, Laurel, Rosemary  
Parsley  
Salt and Pepper

### Recipe:-

1. Trim the pig by leaving the head and tail but taking out the giblets and setting them aside.
2. Slice open the skin on the neck, shoulders and thighs so that it does not burst while cooking.
3. Rub the inside of the suckling pig with salt and lemon juice.
4. Stuff with thyme, laurel, rosemary and parsley as well as large cloves of garlic, crushed and unpeeled (reserve 3 cloves for later), pepper.
5. Truss the pig.
6. String the feet together two by two.
7. Coat the pig with the following mixture: 3 cloves of crushed garlic, melted butter, white wine, salt and pepper.
8. Place the pig on a Spit and Roast.
9. Baste several times during the cooking with seasoned butter.
10. Serve accompanied with baked potatoes, watercress, diverse crudities and fresh butter.

## CANADIAN PORK BRISKET

TYPE OF SPIT :- 1 or 6 or 16  
                          :- 6 Portions  
Cooking time :- 1 hr 15 minutes

### Ingredients:-

2½lbs Pork Brisket  
1 Cup Maple Syrup  
1 Lemon  
Salt and Pepper

### Recipe:-

1. Salt and pepper the brisket.
2. Secure on Spit and Roast after having put a glass of water in the grease collector pan.
3. Mix the maple syrup with the juice of the lemon and boil until the mixture is reduced by half.
4. When the meat is cooked, coat it with the thickened syrup.
5. Serve the brisket with baked potatoes wrapped in aluminium foil and apple sauce.

## MEXICAN PORK ROAST

TYPE OF SPIT :- 1 or 6 or 16  
                  :- 6 Portions  
Cooking time :- 1 hr 15 minutes

### Ingredients:-

1 Pork Roast of about 2½lbs (preferably a fillet)  
10 Cloves Garlic  
3 or 4 Long Green Pimentos  
2 cups White Wine  
½tsp Chilli Powder  
1 bouquet Fresh Coriander  
Salt and Pepper

### Recipe:-

1. Stick the cloves of garlic and bits of pimento into the roast, salt, pepper and set on the Spit.
2. Roast.
3. Pour the wine and some more chilli powder over.
4. Baste with the mixture during cooking.
5. Serve Pork Roast, garnished with small bouquets of fresh coriander.
6. As a side dish, serve pilaff rice with pimento and garlic or grilled corn on the cob.

## GLAZED PORK

TYPE OF SPIT :- 16 or 6 or 1  
                  :- 4 Portions  
Cooking time :- 1 hr 30 minutes

### Ingredients:-

1 Pork Roast of about 2½lbs (from the fillet or loin)  
1tbs 5 Spice Powder  
4tbs Soy Sauce  
3tbs Liquid Honey  
2tbs Powdered Sugar  
1tbs Water  
Salt and Pepper

### Recipe:-

1. Rub the roast with the Soy Sauce, 5 Spice Powder, Salt and Pepper.
2. Set on the Spit and Roast.
3. Baste every 5 minutes with the following mixture: Sugar, Honey and Water.
4. Serve the glazed Pork accompanied by white rice.
5. Bring Soy Sauce and Red Pimento Sauce to table.



## PORK ROAST WITH PRUNES

TYPE OF SPIT :- 1 or 6 or 16  
                  :- 6 Portions  
Cooking time :- 1 hr 15 minutes

### Ingredients:-

1 Pork Roast of about 2½lbs (preferably a fillet)  
¾lb Prunes, pitted  
Garnished Bouquet  
Salt and Pepper

### Recipe:-

1. Stuff the roast, pierce and insert the pitted prunes.
2. Salt and pepper.
3. Secure the roast on the Spit and Roast.
4. After several minutes of cooking, put garnished bouquet into a glass of water and pour into the grease pan collector.
5. Baste the roast with the juice several times.
6. When meat is done let sit for about 10minutes.
7. Cook the remaining prunes in water or in mild tea, or in a mixture of water and white wine for about 30 minutes.
8. Serve the roast, surrounded by drained prunes.
9. Serve the cooking juice separately.

## INDIAN BREAST OF LAMB

TYPE OF SPIT :- 1 or 6 (or 10/11/12)  
                  :- 4 Portions  
Cooking time :- 20 to 30 minutes

### Ingredients:-

1 Breast of Lamb with 8 Ribs (split the bone at the base of each rib)  
Oil  
1 Clove Garlic  
Long Green Pimento  
1tbs Curry  
Salt and Pepper

### Recipe:-

1. Coat the breast with the following mixture : garlic, crush pimento, curry and oil.
2. Place the lamb on the Spit and Roast.
3. Baste several times with the oil and spice mixture.
4. Serve the Indian style breast of lamb with white rice and some curry sauce.
5. You may also want to serve long green pimentos, fresh or grilled.

## SHISH KEBABS

TYPE OF SPIT :- Vertical Movement and Skewer  
:- 4 Portions

### Ingredients:-

$\frac{3}{4}$ lb Lamb Shoulder  
 $\frac{1}{2}$ lb Pork Loin  
1 Large Pepper  
2 Large Onions  
3 Laurel Leaves  
2tbs Oil  
Salt  
Cayenne Pepper

### Recipe:-

1. Boil a pot of water.
2. Cut the pepper in two, remove the seeds, and cut the flesh into small cubes, peel the onions, cut into quarters, put all these ingredients into the boiling water and let blanch for about 2 or 3 minutes.
3. Cut laurel leaves in two.
4. Drain the peppers and onions, rinse under cold water and drain again.
5. Place all ingredients on Skewers, alternating each.
6. Mix the oil with a dash of Cayenne Pepper, salt and add a lot of pepper, sprinkle the skewers with the mixture : Roast.
7. Baste Often.
8. Serve on a platter of creole rice.

## LAMB KIDNEY SHISH KEBABS

TYPE OF SPIT :- Vertical Movement - Skewer or Individual Basket  
:- 4 Portions

### Ingredients:-

8 Lamb Kidneys  
2 Slices Smoked Brisket Lard  
12 Mushrooms (small)  
4 Tomatoes (very firm)  
1tbs Lemon Juice  
2tbs Aromatic Olive Oil  
1½oz Butter  
Salt and Pepper

### Recipe:-

1. Remove surrounding skin from each kidney, split in two without completely separating the two halves, then, remove the centre white portion.
2. Coat the kidneys with a little oil, salt and pepper, sprinkle the mushrooms with lemon juice, cut the tomatoes in two, salt and pepper, cut each slice of lamb in six.
3. Garnish the Shish Kebabs alternating the ingredients according to your choice.
4. Spit Roast
5. Baste with melted butter.



## LAMB WITH SAVORY AND FRESH BEANS

TYPE OF SPIT :- 1 or 6 (or 10/11/12)  
                  :- 6 Portions  
Cooking time :- 40 minutes

### Ingredients:-

1 Rolled Lamb Shoulder (approx 2 ½lbs)  
2lbs Fresh Beans  
1 Bouquet Savory  
Olive Oil  
3½lbs Butter  
Salt and Pepper

### Recipe:-

1. Coat the rolled shoulder with the following mixture : oil, savory, salt and pepper.
2. Set the shoulder on the Spit and Roast.
3. Baste from time to time with oil and savory mixture.
4. Cook the fresh beans, peeled in advance in boiling water.
5. Add several sprigs of savory to water.
6. Serve the rolled shoulder surrounded by the fresh broad beans, drained and topped with fresh butter.
7. Serve sauce made from the drippings separately.



## MECHOUI WITH HERBS

TYPE OF SPIT :- 4 or 7  
:- 10 Portions

### Ingredients:-

1 Lamb, gutted and prepared (with kidneys)  
1 Bouquet Fresh Mint  
2 Heads Garlic  
½lb Butter  
1 Cup Olive Oil  
1 Sachet Dry Tarragon (or fresh)  
1 Sachet Crushed Oregano  
4tbs Harissa Powder  
1 Orange  
4 Lemons  
Black Pepper, dry Pimento  
1 Handful of Large Grained Salt  
Fine Salt

### Recipe:-

1. Peel cloves of one head of garlic and leave them whole, slide them into interior of the lamb and also insert half the mint and tarragon, the dried pimentos, the large grained salt and the pepper.
2. Peel cloves of the other head of garlic and crush them, cut the lemons and orange and press them, shred the lemon peel.
3. Mix the oil, then peeled garlic, the butter, the rest of the mint and tarragon, the oregano, pepper, harissa powder, orange and lemon juice, the grated lemon peel and salt, coat the lamb with the mixture and let sit.
4. Spit Roast the lamb.
5. Baste from time to time with the aromatic mixture.
6. Serve piping hot and eat with fingers.



## ROASTED LAMB MOROCCAN STYLE

TYPE OF SPIT :- 6 or 10/12  
:- 6-8 Portions  
Cooking time :- 45 minutes per kilo

### Ingredients:-

1 Piece of Lamb (leg or shoulder) approx. 4¼lbs  
5oz Salted Butter  
½tsp Powdered Cinnamon  
½tsp Powdered Rose Buds (optional)  
2tsp Harissa  
½tsp Saffron  
Salt and Pepper

### Recipe:-

1. Rub the mutton with the cinnamon, crushed grains of black pepper and rose buds.
2. Spread the lamb with salted butter.
3. Set lamb on the Spit and Roast.
4. When the lamb turns a golden colour, pour the following mixture into a boiling pan : juice of three lemons, ½ cup of hot water, the rest of the melted salted butter, harissa and saffron.
5. Baste the lamb several times with this mixture.
6. Salt when cooking is finished.
7. Serve the lamb with plain couscous and with vegetables such as peppers, squash, carrots, turnips etc.



## LEG OF LAMB FRENCH STYLE

TYPE OF SPIT :- 1 or 4 or 6 (or 10/11)  
                  :- 8 Portions  
Cooking time :- 15 minutes per Lb

### Ingredients:-

1 Leg of Lamb  
2 or 3 Cloves Garlic  
5oz Butter  
1lb Green Kidney Beans  
2lb Green Beans  
1 Bunch Watercress  
Parsley, Fresh Mint  
Salt and Pepper

### Recipe:-

1. Stick half cloves of garlic into the leg of mutton.
2. Rub leg with ground pepper and coat with butter.
3. Put the leg of lamb on the Spit and Roast.
4. Baste with juice during cooking.
5. Salt when lamb is done.
6. If possible, let the meat sit before cutting for about 10 minutes, cover with a sheet of aluminium foil.
7. Cook the green kidney beans and green beans separately while cooking the mutton.
8. Just before serving, drain and add some chopped parsley mixed with some fresh mint.
9. Serve the mutton accompanied by green kidney beans, green beans and fresh watercress.
10. Serve the sauce separately.

## STUFFED SHOULDER OF LAMB

TYPE OF SPIT :- 1 or 6 (or 10/11/12)

:- 6 Portions

Cooking time :- 45 minutes

### Ingredients:-

1 Boned Shoulder of Lamb (approx. 2½lbs)

1lb Mushrooms

7tbs Butter

1 Onions

2 Cloves Garlic

2 Crackers

1 Egg

2 sprigs Tarragon

2 sprigs Parsley

Hot Spicy Oil

1 Cup Dry White Wine

Salt and Pepper

### Recipe:-

1. Prepare the stuffing : peel and wash the mushrooms and separate the heads from the stems (keep the heads for the garnish).
2. Cook minced onion and mushrooms cut in slices until golden, add chopped garlic, salt and pepper. Pour entire mixture into a blender.
5. Add crackers, egg, tarragon leaves and parsley, add salt and pepper once again. Mix
6. Spread the stuffing inside the lamb shoulder.
7. Roll lamb up and truss, then coat with hot, spicy oil.
9. Salt and pepper.
10. Set rolled, stuffed shoulder on Spit and Roast.
11. Pour the dry white wine into the grease collector pan and use this to baste the lamb from time to time.
12. Cook the whole mushroom heads in hot butter until golden. Salt, pepper and sprinkle with chopped parsley before serving.
14. Serve the roasted lamb surrounded by the mushroom heads, You may also serve this dish with potatoes and watercress.
15. Serve sauce made from the drippings separately.



## VEAL HEART A LA NICOISE

TYPE OF SPIT :- 5 or 11/12  
                  :- 4 Portions  
Cooking time :- 1hr 15 minutes

### Ingredients:-

2 Veal Hearts  
Ratatouille

### Marinade

1 glass Cognac  
1 glass Dry White Wine  
2tbs Oil  
1 sprig Rosemary  
Thyme  
Laurel  
1tsp Powdered Cumin  
1 dash Cayenne Pepper  
Salt

### Recipe:-

1. Arrange hearts in a hollow dish and sprinkle with hot, flaming cognac.
2. Heat remaining marinade ingredients and pour over veal hearts.
3. Let marinate for 4 hours turning often.
4. Place hearts on the Spit and Roast.
5. Pour large glassful of marinade into the grease collector pan and baste hearts often with this mixture.
6. Serve the hearts, cut in slices on a bed of nicoise ratatouille top with cooking juices.



## VEAL LIVER

TYPE OF SPIT :- Vertical Movement - Skewer

### Ingredients:-

Veal Liver  
Sliced Bacon  
Onion or Apple

### Recipe:-

1. Take small cubes of liver of about 1½" per side, wrapped in bacon, place on skewer alternating with onion or apple slices and Roast.
2. During cooking, place tomatoes in boiling pan and serve with liver.





## LOIN OF VEAL

TYPE OF SPIT :- 1 or 6 or 16 (or 1 1/2)  
                  :- 6 Portions  
Cooking time :- 1hr 30 minutes

### Ingredients:-

2½lbs Veal Loin  
Parsley  
Thyme  
Olive Oil  
1 Cup Dry White Wine  
3 Egg Plants  
7tbs Butter  
6 to 8 Tomatoes  
2 Cloves Garlic  
Salt and Pepper

### Recipe:-

1. Rub the loin with salt, ground pepper, thyme and olive oil.
2. Place the loin on the Spit and Roast.
3. Baste with white wine from time to time.
4. Prepare the garnish : without peeling, cut slices of egg plants length wise and cook in melted butter until golden. Cut tomatoes in two and cook "a la provencale" with garlic and chopped parsley.
5. Serve and roast accompanied by sautéed eggplant slices and the tomatoes a la provencale.
6. Serve the sauce separately.

## SPIT ROASTED CALFS SWEETBREADS

TYPE OF SPIT :- Vertical Movement - Skewer

### Ingredients:-

2 pairs Calfs Sweetbreads  
4½oz Lard  
¾- 1oz Butter  
2tbs Mustard  
Powdered thyme and laurel  
1 Lemon  
Salt and Pepper

### Recipe:-

1. Wash the sweetbreads well, let them cleanse for about 12 hours in a sieve, under a small but steady stream of water or, in a large bowl filled with water.
2. The water must be changed often.
3. Drain sweetbreads later and put in a saucepan filled with cold water, bring to the boil and let cook for 2 minutes, drain and rinse under cold water.
4. Remove the fat and gristly parts from the sweetbreads, wrap in kitchen linen and place underneath a weighty object and let sit for 2 hours.
5. Cut the lard into long and narrow slices, price the sweetbreads with a needle, salt and pepper, coat with mustard, sprinkle with thyme and laurel.
6. Set on the Spit and place on the Rotisserie.
7. Squeeze the lemon, melt butter, add to the juice of the lemon.
8. When the sweetbreads are cooked, sprinkle with lemon butter, serve immediately.

Hint: You can replace the melted lemon butter with a remoulade sauce.

## VEAL ROAST A LA ROMAINE

TYPE OF SPIT :- 1 or 6 or 16 (or 11/12)  
                  :- 6 Portions  
Cooking time :- 1hr 30 minutes

### Ingredients:-

1 Veal Roast of about 2½lbs  
6 to 8 Young Artichokes  
Seasoned Oil  
2 Onions  
2lbs Tomatoes  
3 Cloves Garlic  
Salt and Pepper

### Recipe:-

1. Rub the veal with salt, ground pepper and seasoned oil.
2. Put the roast on the Spit and place on the Rotisserie.
3. Baste often during the course of the roasting with seasoned oil.
4. Cook the vegetables, in a saucepan containing hot seasoned oil, cook the quartered onions until golden, then cook tomatoes, also cut into quarters.
5. Add the artichokes, washed and halved (remove the light straw like fibres from the inside), garlic cloves, salt and pepper.
6. Cover and let simmer until the artichokes are tender.
7. Serve the roast with the artichokes and tomatoes.
8. Serve sauce separately.

## ROAST KIDNEYS A L'AMERICAINE

TYPE OF SPIT :- 5 or 11/12  
                  :- 4 Portions  
Cooking time :- 20 minutes approx.

### Ingredients:-

4 Veal Kidneys  
4 Slices of Smoked Lard  
8 Large Mushrooms  
4 Tomatoes  
1½oz Oil  
Salt and Pepper

### Recipe:-

1. Clean the Kidneys.
2. Roast them on the Spit, basting often with butter.
3. Blanche, skin and de-seed the tomatoes, salt and pepper the inside.
4. Fill up with the mushrooms cover with a piece of lard.
5. Bake for 20 minutes and serve as a garnish with the kidneys.



## CHICKEN WITH TARRAGON

TYPE OF SPIT :- 1  
                          :- 4 Portions  
Cooking time :- 1 hr

### Ingredients:-

2½lbs Chicken  
4tbs Tarragon Leaves  
2 ozs butter  
Salt and Pepper

### Recipe:-

1. Salt and pepper both inside and outside of the chicken.
2. Stuff with the tarragon leaves, then truss.
3. Set chicken on the Spit and Roast.
4. Baste often with the drippings.
5. Remove the tarragon leaves from the inside of the chicken and cut meat into quarters.









## STUFFED FARMERS CHICKEN

TYPE OF SPIT :- 1  
                          :- 6 Portions  
Cooking time :- 1 hr 15minutes

### Ingredients:-

1 Chicken, cleaned but untrussed  
3½oz Smoke Brisket  
1oz Butter  
1 or 2 Onions  
1 Glove Garlic  
½lb Sausage  
Thyme  
1 Egg  
Tarragon, Chives, Parsley  
Salt and Pepper

### Recipe:-

1. Prepare the stuffing : melt butter and cut brisket in squares, add chopped onions, chicken liver and at the last minute the chopped garlic.
2. Remove from the heat and mix with sausage, thyme, salt, pepper, egg and finally tarragon, chives and chopped parsley.
3. Stuff this mixture into the chicken.
4. Truss, salt and pepper the bird.
5. Set the chicken on the Spit and Roast.
6. Baste with the drippings.
7. Serve the chicken on a bed of watercress.
8. Serve the sauce from the drippings separately.

## STUFFED YOUNG HENS INDIAN STYLE

TYPE OF SPIT :- 1  
:- 1 Chicken Per Person  
Cooking time :- 40 minutes

### Ingredients:-

1 Hen  
1½oz Grapes Seedless  
3tbs Peanut Butter  
1tbs Olive Oil  
2tbs Curry Powder  
Lemon Juice  
4 slices Bacon  
Salt and Pepper

### Recipe:-

1. Wrap the bacon around the chickens and truss.
2. Stuff the chicken.
3. Place on the Spit and Roast.
4. Serve with chutney and shredded coconut.
5. As a variation, you can also serve with apricot preserve covered with brown sugar brought to a boil for 5 minutes.

## PHEASANT WITH WALNUTS

TYPE OF SPIT :- 1 or 10/11  
                  :- 4 Portions  
Cooking time :- 1 hr

### Ingredients:-

1 Pheasant prepared and barded  
4½oz Butter  
1lb Walnuts  
3 or 4 Poultry Livers  
1 Scallion  
1 Glass Cognac  
1tbs Sour Cream  
12 Slices Toast  
Salt and Pepper

### Recipe:-

1. Salt, pepper and coat pheasant with about 1oz of melted butter.
2. Place on Spit and Roast.
3. Five minutes before pheasant is done, cut the strings and remove the lard.
4. Baste with melted butter so that the pheasant can become golden brown.
5. Beak open the walnuts.
6. Set aside about 15 halves.
7. Prepare the canapés : start by browning the livers and pheasant liver in some melted butter.
8. Salt and pepper.
9. When the livers are just done, add scallion and stir.
10. After several minutes, add cognac. Light cognac.
11. Add sour Cream.
12. Put everything into a food processor and add the nuts that you placed aside.
13. Mix until you have obtained a nice puree.
14. Spread this mixture on buttered and warmed slices of toast.
15. Serve the pheasant surrounded by the canapés and garnish with walnut leaves.











## GLAZED DUCK

TYPE OF SPIT :- 1  
                                  :- 4-6 Portions  
Cooking time :- 40 minutes

### Ingredients:-

1 3-3½lb Duck, gutted and untrussed  
1 cup Soy Sauce  
¼ Cup Oil  
3 Lemons  
3 Cloves  
½ Cup Liquid Honey  
Salt and Cayenne Pepper

### Recipe:-

1. Rub the duck with the following mixture : soy sauce, oil, lemon juice, crushed garlic, salt and cayenne pepper.
2. Let duck absorb the mixture.
3. Place duck on Spit and Roast.
4. When it starts to turn golden brown add honey to the other marinade ingredients.
5. Coat the duck with the marinade mixture.
6. Baste often during the cooking.
7. Serve immediately.

## SPICY RABBIT

TYPE OF SPIT :- 5, or 6 or 16  
                          :- 6 Portions  
Cooking time :- 1 hr

### Ingredients:-

1 Back and Feet of a large Rabbit  
1 Large Onion  
1tbs Ginger  
½tbs Saffron  
½tbs Powdered Mild Pimento  
1 Cup Dry White Wine  
½ Cup Oil  
Salt

### Recipe:-

1. Heat white wine, oil, finely chopped onion, ginger, saffron, pimento and salt.
2. Bring to boil and pour over rabbit, which should be placed in a deep dish.
3. Turn rabbit several times in marinade.
4. Put the back of the rabbit on the Spit and Roast.
5. Baste often with the marinade during cooking.
6. Serve this rabbit with pilaff rice and raisins.

## DOMINO DEER SHANK

TYPE OF SPIT :- 6 or 10/12  
                  :- 8 Portions  
Cooking time :- 1 hr

### Ingredients:-

1 Deer Shank of about 4½lbs  
3 Scallions  
2½oz Butter  
Salt and Pepper

### Marinade

See marinade recipe for “Deer Shank a la Saint Hubert”

### Recipe:-

1. Marinate the shank as indicated.
2. Place the shank on the Spit and Roast.
3. After cooking is done, remove spit and let sit for about 10 minutes before cutting.
4. Keep warm.
5. Prepare the sauce by cooking scallions until golden in butter.
6. Add the meat drippings.
7. Season.
8. Serve the shank accompanied by white vegetables (celery or turnips) and dark vegetables (chestnut puree).
9. Also serve a small bowl of gooseberry jelly.
10. Serve sauce separately.



## MARINADE AND BASTING FOR FISH

TYPE OF SPIT :- For Individual Fillet or Slices - 5  
                  :- For Whole Fish - Spit 5, 14 or 17

### Ingredients:-

Thyme  
Laurel  
Lemon Juice  
Oil  
Shallots  
Salt and Pepper

### Recipe:-

1. Mix in a blender and let marinate the fish for 30 minutes.
2. Secure the whole fish or slices of fish on the appropriate Spit and Roast.
3. Baste often with the marinade mixture.
4. You can serve the Spit Roasted fish as it is or accompanied with all kinds of garnish such as mayonnaise, aioli, andalouse sauce, Maitre d'Hotel butter etc.

NOTE: This is the simplest and tastiest recipe.

TYPE OF FISH ACCORDING TO  
THEIR FAT AND SODIUM CONTENT

FINFISH - 3½oz RAW EDIBLE PORTION	PERCENT ~ FAT	SODIUM ~ MG
CATFISH	5.2	60
COD	0.5	90
CROAKER	2.5	72
FLOUNDER	1.4	121
GREENLAND TURBOT	3.5	*
GROUPEL	1.0	83
HADDOCK	0.5	98
HALIBUT	4.3	156
LAKE TROUT	11.1	24
MACKEREL	9.9	33
MULLET	4.6	70
OCEAN PERCH	0.7	*
POLLOCK	1.3	*
RAINBOW TROUT	6.8	52
SALMON	9.3	76
SEA BASS	1.6	67
SEA HERRING	2.8	105
SEA TROUT	3.8	38
SMELT	1.4	80
SNAPPER	1.1	90
SOLE	1.4	93
TUNA	5.1	63
WHITEFISH	5.2	53
WHITING	1.3	50
YELLOW PERCH	1.1	67

\* NOT APPLICABLE

## MAYONNAISE SAUCE

:~ 4 - 6 Portions

### Ingredients:-

1 Egg Yolk  
Vinegar  
Spicy Mustard  
1 cup Oil  
Salt and Pepper

### Recipe:-

1. In a bowl mix one egg yolk,  $\frac{1}{2}$ tsp of vinegar and  $\frac{1}{2}$ tsp of mustard.
2. Salt and pepper.
3. Then, add oil drop by drop.
4. When the sauce starts to take or thicken, add remainder of oil.
5. Beat without stopping.
6. When finished, add one more  $\frac{1}{2}$ tsp of vinegar.

### To Be Served With:-

Fish  
Shellfish  
Cold Meats



## BEARNAISE SAUCE

:~ 4 - 6 Portions

### Ingredients:-

2 Scallions  
2 Tarragon Leaves  
½ Cup Vinegar  
2 Egg Yolks  
Water  
3½oz Softened Butter

### Recipe:-

1. Chop the scallions and tarragon.
2. Cook them in a low heat in the vinegar until evaporation of vinegar has occurred.
3. Let cool.
4. Remove from heat and add egg yolks, and equal volume of water, salt and pepper.
5. Beat vigorously over a low flame until a frothy consistency is attained.
6. Remove from heat and add butter in small chunks.

### To Be Served With:-

Roasted Fish  
Beef

## AIOLI SAUCE

:~ 4 - 6 Portions

### Ingredients:-

3 or 4 Cloves Garlic  
1 Egg Yolk  
1 Cup Olive Oil  
½ Lemon

### Recipe:-

1. Finely crush the garlic.
2. Add the egg yolk, salt and pepper.
3. Mix vigorously.
4. Add a small amount of oil.
5. When the sauce “takes”, pour in the rest of the oil.
6. Add a teaspoon of hot water and the lemon juice.

### To Be Served With:-

Roasted Fish  
Shellfish  
Meats

## AMERICAN SAUCE

:~ 4 Portions

### Ingredients:-

1 Onion  
2 Scallions  
1 sprig Parsley  
1 sprig Tarragon  
1oz Butter  
3oz Cognac  
1 cup Dry White Wine  
2 cups Fish Broth  
2tbs Tomato Concentrate  
1 Clove Garlic  
2tbs Sour Cream  
1tbs Flour  
Salt  
Cayenne Pepper

### Recipe:-

1. In a saucepan, melt butter with onion, scallions, chopped parsley and tarragon.
2. Cook until golden.
3. Add cognac.
4. Bring to boil and ignite mixture.
5. Add white wine, fish broth, tomato concentrate, crushed garlic, salt and 1 or 2 pinches of cayenne pepper.
6. Let boil for 15 minutes without covering.
7. Mix sour cream and flour in a bowl.
8. Add the mixture to the sauce.
9. Let boil and serve immediately.

### To Be Served With:-

Fish  
Shellfish

## ANDALOUSE SAUCE

:~ 4 Portions

### Ingredients:-

1 Bowl Mayonnaise  
1tsp Paprika  
1tbs Tomato Concentrate

### Recipe:-

1. Mix mayonnaise, paprika and tomato concentrate.
2. Mix until a pinkish colour is obtained.
3. Serve immediately or chill for several minutes.

### To Be Served With:-

Fish  
Shellfish

## CHARCUTERIE SAUCE

:~ 4 Portions

### Ingredients:-

1 Onion  
1½oz Butter  
1 oz Flour  
1 Cup White Wine  
2 Cups Water  
1tsp Mustard  
2 Pickles (marinated in vinegar)  
Parsley  
Capers  
Salt and Pepper

### Recipe:-

1. Brown chopped onion in butter.
2. Sprinkle with flour and mix.
3. Heat for an instant.
4. Add wine, water, salt and pepper.
5. Let boil for 10 minutes and then add mustard, chopped pickles, chopped parsley, capers and serve.

### To Be Served With:-

Pork  
Giblets

## HUNTERS SAUCE

:~ 4 Portions

### Ingredients:-

1½oz Butter  
2 Scallions  
1oz Flour  
1 cup White Wine  
2 cups Water  
Tomato Concentrate  
3½oz Mushrooms  
Thyme, Laurel  
Chervil or Parsley  
Salt and Pepper

### Recipe:-

1. Over a low flame, brown chopped scallions in butter.
2. Sprinkle with Flour.
3. Mix until lightly coloured.
4. Add wine, water, 1 tbs tomato concentrate, sliced mushrooms, thyme, laurel, salt, pepper, chervil or chopped parsley.
5. Bring to boil, stirring constantly.
6. Cover.
7. Let simmer for 10 minutes.

### To Be Served With:-

Veal  
Chicken  
Rabbit

## CHORON SAUCE

:~ 4 Portions

### Ingredients:-

Bearnaise Sauce  
1 tbs Tomato Concentrate

### Recipe:-

1. Add tomato concentrate to bearnaise sauce just before serving.

### To Be Served With:-

Fish  
Shellfish  
Roasted Meats  
Giblets

## GREEN CREAM SAUCE

:~ 4 Portions

### Ingredients:-

14oz Sour Cream  
Chervil  
Chives  
Watercress  
Salt and Pepper

### Recipe:-

1. In a blender, pulverise the herbs until a green juice is attained.
2. Add sour cream, salt and pepper.
3. Beat vigorously and serve immediately or let cool.

### To Be Served With:-

Fish  
Shellfish  
Roasted Rabbit  
Veal



## CURRY SAUCE

:~ 4 Portions

### Ingredients:-

1oz Butter  
1oz Flour  
1tsp Curry  
1 bowl Meat or Fish Broth  
Sour Cream  
Salt and Pepper

### Recipe:-

1. Over a low heat, mix butter, flour and curry.
2. Let cook for an instant.
3. Add cold broth at once.
4. Salt and pepper.
5. Bring to boil while stirring constantly.
6. Let simmer for 10 minutes.
7. Add cream and serve immediately.

### To Be Served With:-

Fish  
Meat  
Poultry

## DEVILS SAUCE

:~ 4 Portions

### Ingredients:-

1 Onion  
2 Scallions  
Wine Vinegar  
2oz Butter  
1tbs Flour  
2 cups Meat Broth  
1tbs Tomato Concentrate  
1tbs Mild Pepper  
1tbs Spicy Mustard  
Chervil, Tarragon  
Salt  
Cayenne Pepper

### Recipe:-

1. In saucepan, add onion (chopped) and scallions with 2tbs of vinegar.
2. Bring to boil and reduce until vinegar is almost gone.
3. Add butter, then flour.
4. Beat vigorously.
5. Add broth, tomato concentrate, mild pepper, salt and 1 or 2 pinches of cayenne pepper.
6. Beat until boiling and then let cook for 10 minutes.
7. Just before serving add mustard, 1tbs of vinegar, then chopped tarragon and chervil leaves.

### To Be Served With:-

Meat  
Poultry  
Giblets

## MADEIRA SAUCE

:~ 4 Portions

### Ingredients:-

1 Onion  
1½oz Butter  
1oz Flour  
2 cups Liquid (1 cup white wine, mushroom juice and water)  
1 cup Madeira  
Small carton of mushrooms  
Salt and Pepper

### Recipe:-

1. Brown chopped onion lightly in butter.
2. Sprinkle with flour.
3. Mix and let cook over low heat.
4. Add cold liquid, salt and pepper.
5. Stir until boiling.
6. Add Madeira and sliced mushrooms.
7. Let simmer for 10 minutes.

### To Be Served With:-

Meat  
Chicken  
Rabbit  
Giblets  
Ham

## MUSTARD SAUCE

:~ 4 Portions

### Ingredients:-

1oz Flour  
2oz Butter  
2 cups Cold Water  
Spicy Mustard  
Parsley  
Salt and Pepper

### Recipe:-

1. Over a low flame, mix flour and 1oz butter.
2. Let cook for an instant.
3. Add entire quantity of cold water, salt and pepper.
4. Bring to boil stirring constantly.
5. Let simmer for 10 minutes.
6. Remove from heat and add 1tbs mustard, remainder of butter and chopped parsley.

### To Be Served With:-

Fish  
Pork  
Giblets

## REMOULADE OF SHARP SAUCE

:~ 4 Portions

### Ingredients:-

1 Bowl Mayonnaise  
1tsp Spicy Mustard  
1tbs Capers  
2 Pickles (marinated in vinegar)  
Parsley  
Chives

### Recipe:-

1. Add mustard to mayonnaise.
2. Just before serving, add capers, chopped pickles and chopped parsley and Chives.
3. Can be served immediately or can be refrigerated.

### To Be Served With:-

Fish  
Roasted Pork  
Cold Meats

## ROQUEFORT SAUCE

:~ 4 Portions

### Ingredients:-

1 cup Mayonnaise  
1 cup Cottage Cheese  
2oz Roquefort  
Cayenne Pepper

### Recipe:-

1. Crush Roquefort into a salad bowl.
2. Whip cottage cheese and cayenne pepper and then delicately add mayonnaise.

### To Be Served With:-

Fish  
Roasted Meats

## COLBERT SAUCE

:~ 4 Portions

### Ingredients:-

7tbs Creamy Butter  
Lemon Juice  
Pepper (freshly ground)  
Salt  
1tbs Tarragon Finely Chopped  
or  
1tsp Tarragon Powder  
2 drops Worcestershire Sauce

### Recipe:-

1. Cream butter, add lemon juice then salt and pepper and finally, add tarragon and Worcestershire sauce.

### To Be Served With:-

Roasted Beef

## CHIVE BUTTER

:~ 4 Portions

### Ingredients:-

7tbs Creamy Butter  
Lemon Juice  
Pepper (freshly ground)  
Salt  
1tbs Chives finely chopped  
2 drops Worcestershire Sauce

### Recipe:-

1. Cream butter, add lemon juice, then salt, pepper and finally add Worcestershire Sauce and Chives.

### To Be Served With:-

Roasted Meat



## BUTTER WITH CAPERS

:~ 4 Portions

### Ingredients:-

7tbs Creamy Butter  
1tbs Pickles (marinated in vinegar)  
1tbs Capers  
½tsp Parsley, finely chopped  
Salt and Pepper

### Recipe:-

1. Beat butter till creamy and add other ingredients gradually.

### To Be Served With:-

Roasted Fish

## PARSLEY BUTTER

:~ 4 Portions

### Ingredients:-

7tbs Creamy Butter  
¼ Cup Hot Water  
Salt  
1tbs Finely Chopped Parsley

### Recipe:-

1. Beat butter till creamy.
2. Add rest of ingredients while beating and tasting.

### To Be Served With:-

Roasted Fish

## BUTTER MAITRE D'HOTEL

:~ 4 Portions

### Ingredients:-

3½ oz Butter  
1 Small Lemon  
Parsley  
Salt and Pepper

### Recipe:-

1. Mix butter, lemon juice, chopped parsley, salt and pepper.
2. Roll in a piece of aluminium foil and refrigerate.
3. Just before serving, remove foil and cut the roll into rounded slices.

### Variations

Anchovy Butter	:	Mix 1tbs anchovy cream or several chopped anchovy fillets
Ketchup Butter	:	Use 3tsp of ketchup in place of lemon
Mustard Butter	:	Mix 1tbs of spicy mustard in place of lemon
Mint Butter	:	Replace chopped parsley with fresh mint.

### To Be Served With:-

Roasted Fish  
Meat  
Poultry  
Giblets  
Vegetables

## SPIT ROASTED PINEAPPLES

TYPE OF SPIT :- 10/11  
:- 6 ~ 8 Portions

### Ingredients:-

2 Fresh Pineapples  
Vanilla Ice Cream

### Recipe:-

1. Cut off the top of each pineapple just below the leaves.
2. Secure the pineapples on the Spit.
3. Let spit turn until you smell a caramel scent.
4. Do not remove the skin of the pineapples, cut into thick slices and serve with vanilla ice cream on the top.

## MARINATED EGGS

TYPE OF SPIT :- 9  
                  :- 1 Egg Per Person

### Ingredients:-

Eggs  
Truffle Juice

### Recipe:-

1. Marinate the eggs in truffle juice for ½ hour.
2. Spit Roast for 2½ minutes.
3. Serve with fish and salad or on toast.