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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 15~20min per pound Lamb Chicken 20min per pound Pork 30min per pound

2. WHAT CAN ROAST BY ITSELF?

Chicken Duck ii.

Pork - roast/ribs 111.

Beef (particularly prime) iv.

Lamb v. Sausage vi. Lake Trout vii. Mackerel viii. Salmon ix.

Tuna ~ Sword Fish x.

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.

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

- 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:~ Marinade

Roast beef of about 23/4lbs (lard should be separate) 1/2 Bottle Red Wine

1 Can Chestnut puree (or fresh puree) 1/2 Glass Sherry Vinegar

5½tbs Butter 3tbs Oil Sour cream (small carton) 1 Onion 1tps Flour 2 Scallions 12 slices of Bread 2 Cloves Garlic

2 Carrots

½ Stalk Of Celery

Thyme, Laurel Sprigs Of Parsley, Cloves 4 Grains Of Pepper

Recipe:~

- 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.
 Place marinated beef on spit, well drained and garnished with the lard.
 Keep half a glass of marinade and use it to baste.
 Reduce the marinade over a high flame. 4.
- 5.
- 6.
- Just before service return to the heat. 7.
- Add sour cream mixed with sifted flour and beat for 5 minutes. 8.
- Heat up the chestnut puree with some butter. 9.
- Toast the bread or brown it in some butter. 10.
- Serve with Watercress. 11.
- Serve the chestnut puree in a separate dish, coated with croutons. 12.
- 13. Serve sauce separately.

A.2

BEEF FILLET A LA DU BARRY

TYPE OF SPIT: 6

6 Portions

Cooking time :- approx 15 minutes

Ingredients:~

1 Beef fillet of about 21/4lbs 1 or 2 Heads of Cauliflower 4 Juniper berries Oil 31/2tbs Butter Parsley Salt, Pepper grains

- 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 25 minutes Cooking time

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

- Melt butter and coat pigs feet. 1.
- 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.
- Peel and chop the garlic cloves, crush them with several drops of oil to reduce them to a fine prommade.
- 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.
- Cut the lemon in half, press one half, cut the rest into slices. Add the lemon juice to the sauce. 7.
- 8.
- Serve the pig feet sprinkled with chopped parsley, garnish with lemon slices. 9.
- 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.

AMERICAN HAM

TYPE OF SPIT:

1/3 or 4 :- 3 Portions :~ Cooking time :~ minutes

Ingredients:~

11b Ham Barbecue Sauce Cloves Several Slices of Apple or Pineapple

- Coat the outside of the ham with barbecue sauce, stick several slices of apples or pineapples with cloves or cocktail sticks. 1.
- 2. Place the ham on the Spit and Roast.
- While the spit turns, baste with barbecue sauce until the outside of the meat is 3. brown.

FRESH SPIT ROASTED HAM

TYPE OF SPIT: 1/3

:- 10 Portions

Ingredients:~

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

- 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

- 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 :- 2 hr 30 minutes

Ingredients:~

Cooking time

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

- 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 to 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. B.6

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

- 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

- 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

- 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

- 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

- 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:~

3/4lb Lamb Shoulder
1/2lb 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.

C.2

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 1½0z Butter Salt and Pepper

- 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.

SPIT ROASTED SUCKLING LAMB

TYPE OF SPIT :~ 6 or 7

Approx 12 Portions $2 - 2 \frac{1}{2}$ hrs

Cooking time

Ingredients:~

1 Lamb without Head, but with Liver, Lungs, Heart and Spleen

½lb Fresh Lard

1 Pork Caul

½lb Butter

4 Cups OliveOil

1tbs Pulverised Rosemary

6 Fresh Mint leaves

2 Laurel Leaves

2 Onions

1½lbs Rice

1 dash All Spice

5oz Blanched Almonds

½lb Grapes

Salt and Pepper

- Chop the mint, salt and pepper the inside and outside of the lamb, sprinkle the inside with Rosemary and mint, sprinkle with olive oil and let macerate.
 Heat 2oz butter, finely chop the lard, liver, lungs, heart and spleen of the lamb, brown them over a high heat for about 3-4 minutes, then drain them and put them aside.
- Soak the grapes in a bowl of warm water, crush the laurel leaves. 3.
- Prepare the rice. 4.
- 5. Drain the grapes, mix them with the lard, liver, onions, rice, almonds, all spice, crushed laurel, 1½0z butter, salt and a good quantity of pepper.

 6. Rinse the pork caul in cold water, then unfold it and lay out flat, put the stuffing in the centre, refold the caul into a roll, put this onto the lamb" stomach, truss the lamb.

 7. Coat the lamb with the rest of the butter, place on the Spit and Roast.
- 8. Serve with grilled tomatoes and watercress.

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 (approx2 ½lbs) 2lbs Fresh Beans 1 Bouquet Savory Olive Oil 3½lbs Butter Salt and Pepper

- 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. Cool 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.

LEG OF LAMB "MECHOUI STYLE"

TYPE OF SPIT :- 1 or 4 or 6 (or 10/11/12) :- Approx 15 Portions

Cooking time :-

Ingredients:~

2 Legs of Lamb or Mutton 5 or 6 Cloves Garlic 10oz Butter (or 1½ cups of oil) 2tbs Powdered Mild Red Pimento Arab Cumin Salt

- 1. Stick the cloves of garlic in the Lamb and coat with the following mixture: melted butter (or oil), salt, pimento powder and Arab cumin powder.
- 2. Set the lamb on the Spit and place on the rotisserie.
- 3. Baste with the spicy melted butter from time to time during cooking.
- 4. When serving, give each person a small bowl of fine salt and cumin powder as is traditional in North Africa.

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

½1b 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:~

- 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.
- Peel cloves of the other head of garlic and crush them, cut the lemons and orange and press them, shred the lemon peel.
- 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.
- Baste from time to time with the aromatic mixture. 5.
- 6. Serve piping hot and eat with fingers.

C.7

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. 41/4lbs 5oz Salted Butter 1/2tsp Powdered Cinnamon 1/2tsp Powdered Rose Buds (optional) 2tsp Harissa 1/2tsp Saffron Salt and Pepper

- 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, $\frac{1}{2}$ 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.

ROASTED BRISKET OF LAMB TEXAN STYLE

TYPE OF SPIT :~ 6 or 10/11

4 Portions

Cooking time 45 minutes

Ingredients:~

1 Brisket of Lamb about 3lbs (remove the outer skin)

½ cup Tomato Ketchup 1tbs Worcestershire Sauce

1tbs Vinegar 1tbs Honey 3tbs Oil

1 Onion Chopped 1 Clove Garlic Chopped Salt and Pepper

Recipe:~

- Coat the brisket with the mixture of all the ingredients listed above which should have been mixed and brought to the boil.
- 2. Spit Roast on the rotisserie.
- 3. Baste with boiled mixture from time to time during cooking.

NOTE: In order for the meat to better absorb the flavour of the spices, you can cut several notches into the meat before coating with the boiled mixture.

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.

C.10

STUFFED SHOULDER OF LAMB

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

6 Portions

Cooking time 45 minutes

Ingredients:~

1 Boned Shoulder of Lamb (approx. 2½lbs)

11b 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:~

Prepare the stuffing: peel and wash the mushrooms and separate the heads from the stems (keep the heads for the garnish).

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.

Roll lamb up and truss, then coat with hot, spicy oil. 7.

9.

Salt and pepper. Set rolled, stuffed shoulder on Spit and Roast. 10.

- Pour the dry white wine into the grease collector pan and use this to baste the lamb 11. from time to time.
- Cook the whole mushroom heads in hot butter until golden. Salt, pepper and 12. 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.
- Serve sauce made from the drippings separately.

PARSLEYED LAMB RIBS

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

:~ 4 Portions

Cooking time :- 45 minutes

Ingredients:~

1 Breast of 8 Lamb Ribs (split at the end of each rib)
2tbs Oil
3tbs Bread Crumbs
2 Cloves Garlic
1 Bouquet Parsley
3tbs Butter
Salt and Pepper

- 1. Salt and pepper the ribs.
- 2. Place lamb ribs on the Spit and Roast for 15 minutes.
- 3. Remove and set aside without removing the split.
- 4. Cover the arched part of the ribs with the following mixture: bread crumbs, chopped garlic and parsley.
- 5. Cover the bits of butter and return meat to rotisserie for several minutes.
- 6. Serve the lamb with parsleyed tomatoes a la Provencale with green beans or browned apples for example.

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

- 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.
- Serve the hearts, cut in slices on a bed of nicoise ratatouille top with cooking juices. 6.

MEXICAN LOIN OF VEAL

TYPE OF SPIT: 1 or 6 or 16 (or 11/12)

:- 6 Portions

Cooking time :- 1 hr

Ingredients:~

2½lbs Veal Loin Pimento Oil 1 can Corn 1½0z Butter Salt and Pepper

- 1. Rub the veal loin with salt, ground pepper and pimento oil.
- 2. Coat well with oil so that meat can completely absorb it.
- 3. Put on the Spit and place on the rotisserie.
- 4. Baste several times with pimento oil.
- 5. Heat the corn in melted butter.
- 6. You can add a little pimento if you wish.
- 7. Serve the veal with the hot corn.
- 8. Serve the sauce from the drippings separately.

VEAL LIVER

TYPE OF SPIT: Vertical Movement - Skewer

Ingredients:~

Veal Liver Sliced Bacon Onion or Apple

- 1. Take small cubes of liver of about $1\frac{1}{2}$ " 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.

VEAL KIDNEYS A LA LIEGOISE

TYPE OF SPIT : 5 or 11/12

:~ 4 Portions

Cooking time : 20 minutes

Ingredients:~

2 Veal Kidneys, Cleaned 1 Pork Caul Juniper Berry Brandy

<u>Marinade</u>

4tbs Oil
3oz Juniper Berry Brandy
3 Juniper Berries
Salt and Pepper

- 1. Marinate the kidneys in the following mixture: oil, juniper berry brandy, crushed juniper berries, salt and ground pepper.
- 2. Let soak for 1 hour turning often.
- 3. Wrap each kidney in a piece of pork caul, then put on the Spit and place on the Rotisserie.
- 4. To serve, sprinkle the kidneys with flaming juniper berry brandy, braised spinach, and sautéed mushrooms or potatoes.

LOIN OF VEAL

TYPE OF SPIT :- 1 or 6 or 16 (or 11/12) :- 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

- 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 4½0z Lard ¾-10z 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.

D.6

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

- 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

1½0z Oil

Salt and Pepper

- 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 LIME

TYPE OF SPIT: 1

:~ 4 Portions

Cooking time :- 1hr 15 minutes

Ingredients:~

1 Chicken

2 or 3 Limes

Oil

Salt and Pepper

- 1. Marinate the chicken in the lime juice for about 1 hour.
- 2. Salt and pepper, then coat with oil.
- 3. Put the chicken on the spit and roast.
- 4. Baste often with the drippings.
- 5. Serve accompanied by a fresh salad and some rice creole.
- 6. You can also serve the chicken with some Maitre d'Hotel butter prepared with lime (see recipe G.21)

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

- 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.

ROASTED CHICKEN AU MAITRE D'HOTEL

TYPE OF SPIT :~ 1

4 Portions

Cooking time

1 hr 30 minutes

Ingredients:~

1 Chicken of about 4lbs (with liver) Thyme

Salt and Pepper

<u>Marinade</u>

½lb Butter

2 Lemons

1 Large Bouquet of Parsley Salt and Pepper

- Prepare the Maitre d'Hotel butter: mix butter, lemon juice, chopped parsley, salt and pepper. Chill
- 2. Stuff the chicken with liver, thyme and 2 or 3 knobs of Maitre d'Hotel butter.
- 3. Close and truss chicken.
- 4. Put chicken on the spit and place on the rotisserie.
- When chicken starts to turn golden brown, baste with melted Maitre d'Hotel butter 5. several times.
- 6. Serve this chicken with baked apples and serve butter in scallop form.

BABY CHICKENS WITH PROVENCE HERBS

TYPE OF SPIT: 5

4 Portions

Cooking time 40 minutes approx

Ingredients:~

4 Baby Chickens, split in half and flattened. (max weight of 1lb each) 4tbs Olive Oil

2 Scallions

2 Cloves Garlic

Lemon

1 Pinch of Rosemary

Savory

Sage

Salt and Pepper

- Peel the scallions and garlic and press them to extract the juice, mix this juice with the olive oil.
- 2. Add the lemon juice, salt and pepper.
- Oil the chickens well, then place them in a dish, trying to flatten them as much as possible, with the skin facing the bottom of the dish, pour the rest of the oil mixture on top and let macerate for about 2 or 3 hours.
- Drain the chickens and place on the spit, the skin should be roasted well, for this, baste the chickens often with the drippings during cooking.
- Serve the golden chickens with mustard, potato chips, sautéed potatoes or French fries.

CHICKEN A LA DAUPHINE

TYPE OF SPIT: 1

6 Portions 1 hr 30 minutes Cooking time

Ingredients:~

1 Chicken, cleaned but untrussed

½lb Mushrooms (cepes, morels or Parisian mushrooms) 3 Poultry Livers (include the chicken liver)

1½oz Butter

1 Scallion

3oz Cognac ½ Cup Bread soaked in Milk 30 Dauphine Potatoes Salt and Pepper

- Prepare stuffing: in a saucepan containing melted butter, brown peeled mushrooms, washed and cut into pieces, as well as the livers and the scallion 1. chopped, salt, pepper and cognac.
- 2. Remove from heat and add bread (dry excess milk).
- 3. Stuff the chicken with the mixture.
- 4. Close chicken and truss, salt and pepper.
- 5. Put chicken on Spit and place on the rotisserie.
- 6. Baste with drippings.
- 7. Serve the chicken with lettuce or watercress.
- 8. Serve sauce separately in a sauce dish along the skewers of Dauphine potatoes.

STUFFED FARMERS CHICKEN

TYPE OF SPIT: 1

6 Portions

Cooking time :- 1 hr 15minutes

Ingredients:~

1 Chicken, cleaned but untrussed 3½0z Smoke Brisket
10z Butter
1 or 2 Onions
1 Glove Garlic
½1b Sausage
Thyme
1 Egg

Tarragon, Chives, Parsley Salt and Pepper

- 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 1½0z Grapes Seedless 3tbs Peanut Butter 1tbs Olive Oil 2tbs Curry Powder Lemon Juice 4 slices Bacon Salt and Pepper

- 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

- Salt, pepper and coat pheasant with about 1oz of melted butter. 1.
- 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.
- Prepare the canapés: start by browning the livers and pheasant liver in some melted 7. butter.
- 8.
- Salt and pepper. When the livers are just done, add scallion and stir. 9.
- After several minutes, add cognac. Light cognac. 10.
- Add sour Cream. 11.
- 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.

PHEASANT WITH GRAPES

TYPE OF SPIT :- 1 or 10/11

:- 4 Portions

Cooking time : 1 hr

Ingredients:~

1 Pheasant 1 Calf's foot split in two 1lb Fresh Grapes (Moissac or Muscat) 1 Layer of Lard 7tbs Butter

1 Glass Cognac Nutmeg

Salt and Pepper

- 1. Prepare the Pheasant : salt and pepper the inside and sprinkle with a bit of ground nutmeg.
- 2. Save the fleshy part as well as the skin and the small bone from the foot of the calf and stuff inside the pheasant.
- 3. Then Truss.
- 4. Salt and pepper the outside.
- 5. Bard and place on the Spit and Roast.
- 6. Baste often with the melted butter.
- 7. Collect the drippings from the grease collector pan and pour in a saucepan.
- 8. Add the grapes, peeled.
- 9. Heat up, sprinkle with cognac and "flambe".
- 10. Serve pheasant with the grapes.
- 11. Serve sauce separately.

SPIT ROASTED PARTRIDGES

TYPE OF SPIT: 5 or 10/11

4 Portions

25 minutes Cooking time

Ingredients:~

2 Partridges

4 Poultry Liver

2 Slices Bards Lard

4 Slices Bread

 $1\frac{1}{2}$ oz Lard

Grape Leaves (optional)

1½ Butter

2tbs Cognac

Salt and Pepper

- Singe and clean the partridges, remove the gall from the poultry livers, salt and 1. pepper them.
 2. Cut the
 3. Let the
- Cut the lard into small squares.
- Let the lard melt in a saucepan and add the livers, brown them for 3 minutes, then set aside.
- Salt and pepper the partridges, bard them, wrap with the grape leaves, truss and place on the Spit and Roast.
 Baste with the drippings.
 Place the liver and lard in a food processor, mix the stuffing with cognac.
 Cook slices of bread with butter until golden.

- Spread the liver stuffing on the slices of bread. 8.
- Keep Warm. 9.
- 10. When the partridges are done, remove the bard and the grape leaves, cut birds in half, place each half on a slice of bread.
- 11. Spread with the liver mixture and serve immediately.

SPIT ROASTED GOOSE A LA NORMANDE

TYPE OF SPIT: 1 and 3

: 6 ~ 8 Portions

Cooking time : 2 hrs

Ingredients:~

1 Goose of about 3-4lb, cleaned 12 Apples 2 Small Sausages 1½oz Butter ½tsp Powdered Cinnamon Salt and Pepper

- 1. Stuff the goose with 2 or 3 peeled apples cut into quarters.
- 2. Sprinkle with cinnamon.
- 3. Add several pieces of butter to stuffing.
- 4. Truss.
- 5. Set on the Spit, salt and pepper and roast.
- 6. Let sit for several minutes before cutting.
- 7. Cook the remaining apples, peeled and stuffed with sausage in the grease pan collector under the spit.
- 8. As the apples cook, they will soak the goose juices.
- 9. Serve the goose with the cooked apples.
- 10. Serve sauce made from the drippings separately.

SPIT ROASTED GOOSE ALSACIAN STYLE

TYPE OF SPIT: 1 and 3

:- 6-8 Portions

Cooking time :- 2 hrs

Ingredients:~

1 Goose of about 3-4lbs, cleaned 3/4lbs Sausage Meat Parsley
3 Grains of Coriander Salt and Pepper

- 1. Stuff the goose with the sausage, add parsley (chopped) and crushed grains of coriander.
- 2. Salt and pepper the outside.
- 3. Truss the goose.
- 4. Set on the Spit and Roast.
- 5. Serve on a bed of sauerkraut, interlaced with steamed apples and sausage.

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 ½ Cup Oil 3 Lemons 3 Cloves ½ Cup Liquid Honey Salt and Cayenne Pepper

- 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

5,or 6 or 16 :- 6 Portions TYPE OF SPIT:

1 hr Cooking time

Ingredients:~

1 Back and Feet of a large Rabbit 1 Large Onion 1tbs Ginger

1/2tbs Saffron

1/2tbs Powdered Mild Pimento 1 Cup Dry White Wine ½ Cup Oil Salt

- Heat white wine, oil, finely chopped onion, ginger, saffron, pimento and salt. 1.
- 2. Bring to boil and pour over rabbit, which should be placed in a deep dish.
- 3. Turn rabbit several times in marinade.
- Put the back of the rabbit on the Spit and Roast. 4.
- 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 :- 0 I

Ingredients:~

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

Salt and Pepper

<u>Marinade</u>

See marinade recipe for "Deer Shank a la Saint Hubert"

- 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.

DEER SHANK A LA SAINT HUBERT

TYPE OF SPIT: 6 or 10/11

8 Portions

1 hr Cooking time

Ingredients:~

1 Deer Shank of about 4lbs 1½oz Butter 1½oz Grapes 1oz Almonds 1tsp Spicy Mustard 1tsp Gooseberry Jelly Salt and Ground Pepper

Marinade 5tbs Oil 5tbs Cognac 5tbs White Wine 1 Onion 2 Sprigs Parsley Salt and Pepper

- Marinate the shank in the following mixture: oil, cognac, white wine, minced onion, parsley, salt and pepper.
 Coat often so that the flesh can absorb the mixture.
 Place the shank on the Spit and Roast. 1.
- 2.
- 3.

- During the cooking, baste often with the marinade.
 When meat is done, let sit for about 10 minutes before cutting.
 Prepare the sauce with the meat drippings collected, add grapes and whip with a bit of fresh butter, mustard and gooseberry jelly.
- 7.
- Just before serving add almonds.
 Serve the shank with red beans cooked as you would with white beans with an onion and pricked with cloves. You may also want to serve sliced carrots with a little bacon.

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, and alouse 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 ~ 3½0z 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	*
GROUPER	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, ½tsp of vinegar and ½tsp 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 ½tsp 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

Recipe:~

- 1. 2. 3.

Cayenne Pepper

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

To Be Served With:~

Fish Shellfish

G.4

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
1½0z 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:~

1½0z Butter 2 Scallions 10z Flour 1 cup White Wine 2 cups Water Tomato Concentrate 3½0z 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, 1tbs 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

Meat Poultry Giblets

G.11

MADEIRA SAUCE

:~ 4 Portions

Ingredients:~

1 Onion
1½0z Butter
10z 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
¹/₄ 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
Use 3tsp of ketchup in place of lemon
Mix 1tbs of spicy mustard in place of lemon
Replace chopped parsley with fresh mint. Ketchup Butter Mustard Butter Mint Butter

To Be Served With:~

Roasted Fish Meat Poultry Giblets Vegetables

SPIT ROASTED PINEAPPLES

TYPE OF SPIT :- 10/11

10/116 ~ 8 Portions

Ingredients:~

2 Fresh Pineapples Vanilla Ice Cream

- 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

- Marinate the eggs in truffle juice for $\frac{1}{2}$ hour. 1.
- Spit Roast for 2½ minutes. 2.
- 3. Serve with fish and salad or on toast.