

Rotisserie

Cooking



GENERAL RULES FOR ROTISSERIE COOKING

1. Meat should be thoroughly defrosted.
2. If rotisserie has a high-low position, use the High for browning and the Low for cooking and barbecuing.
3. If rotisserie has only one heat position, use a meat thermometer for best results.
4. It is wise to consult manufacturer's instructions if in doubt. This sheet is meant only as a general guide.

MEAT	WGT. IN LBS.	INTERNAL TEMP.	MIN/LB	TOTAL TIME
Beef	4	140°F rare 160°F med. rare	25	1½-2 hrs.
Lamb	3-4½	140-150°F rare 175-180°F med. rare	15 20	1-1¼ hrs.
Pork Loin	4	185°F well done	25-30	1½-2 hrs.
Ham (Canned)	6		15	1½ hrs.
Veal Leg	3-6	165-170°F well done	25-30	2-2¼ hrs.
Sausage Frankfurters	(1 lb) 8 franks			10 min. high position
Chicken	5	185°F	30-35	2½-3 hrs.
Rock Cornish Game Hen	1-3 birds	185°F		10 min. high 40-50 low

ROCHESTER GAS AND ELECTRIC
Home Service Department

ROTISSERIE BAKED HAM*Time: 1½ hrs. (15 min/lb)*

6 lb canned ham

½ c apricot jam

Whole cloves

Apricot halves

1. Place spit through center of ham. Adjust in rotisserie. Roast using low heat.
2. Stick with whole cloves and spread with apricot jam 25 min before time is up.
3. Remove to platter and garnish top of ham with apricot halves.

FISH KABOBS

1 lb fresh or frozen shrimp

¼ c minced parsley

1 pkg frozen scallops

½ t salt

¼ c soy sauce

1/8 t pepper

¼ c salad oil

Large stuffed olives

¼ c lemon juice

Lemon wedges

1. Defrost shrimp and scallops according to directions on pkg.
2. Combine soy sauce, salad oil, lemon juice, parsley, salt and pepper. Marinate fish for 1 hr. in sauce.
3. Alternate scallops, shrimp, olives and lemon wedges on spit.
4. Broil 12-15 min. or until scallops are brown, basting frequently with sauce.

Rotisserie spit, skewers and brackets can easily be cleaned with soap and water, using steel wool.

HAWAIIAN SHISH KABOBS

1 lb top round or sirloin steak

1 clove garlic, minced

½ c pineapple syrup

¾ t ground ginger

¼ c soy sauce

1 can pineapple chunks

Stuffed olives

1. Cut meat into 1½" cubes.
2. Combine pineapple syrup, soy sauce, garlic and ginger. Add meat and let stand 1 hour. Drain.
3. Alternate meat cubes, pineapple chunks and stuffed olives on spit.
4. Place on rotisserie on high heat and broil 8-10 min.
5. Arrange on chop plate and garnish.

NOTE: Lamb or veal can be used in place of beef.

Chunks of mushrooms, onion or green pepper can be used in place of pineapple and olives.

BARBECUE SAUCE FOR MEATS

$\frac{1}{2}$ c shortening or meat drippings	2 T Worcestershire sauce
$\frac{1}{4}$ c chopped onion	1 t garlic salt
$\frac{1}{2}$ c finely chopped celery	$\frac{1}{4}$ c sugar
$\frac{1}{2}$ c vinegar	1 c water
$\frac{1}{2}$ c tomato puree or tomato paste	$\frac{1}{2}$ t pepper
	1 t salt

1. Melt shortening, add onion and celery and saute until tender.
2. Add remaining ingredients. Simmer 10 minutes.

BARBECUED SPARE RIBS

4 lbs spare ribs Barbecue Sauce

1. Allow 2 ribs for 1 serving.
2. Marinate ribs in barbecue sauce overnight.
3. Arrange ribs on spit and roast on low heat until meat is crisp on outside, approximately 45 min to 1 hr.

BARBECUED FRANKFURTERS

1 lb frankfurters Barbecue Sauce

1. Place franks on multi skewer.
2. Brush well with barbecue sauce.
3. Place spit in position and turn heat on High for about 10 min.
4. Remove and brush well with sauce.
5. Serve on hot buttered buns.

GLAZED HAM SAUSAGE

4 lbs ham sausage $\frac{1}{2}$ c brown sugar
Whole cloves 2 T fruit juice
2 T prepared mustard

1. Remove outer casing from sausage. Score ham sausage by making diagonal slashes in opposite directions about 1" apart to form evenly shaped diamonds.
2. Place a whole clove in the center of each diamond.
3. Insert spit through center of sausage and broil on low heat for 1 hr.
4. Combine mustard, brown sugar and fruit juice and spread on sausage $\frac{1}{2}$ hr before removing from spit.

ROAST OF BEEF FROM ROTISSERIE *Time: 1½-2 hrs on low heat
then: 10 min on high to brown*

4 lb rolled rib roast of beef

1. Put spit lengthwise through center of roast. Fasten securely with prongs.
2. Slip the spit into rotisserie and roast using low heat. To brown turn to high heat for last 10 min.

ROCK CORNISH GAME HEN

1. Wash and dry bird. Stuff, if desired.
2. Tie legs to tail. Secure wings with skewers or tie closely to body. Rub with vegetable shortening or brush with oil.
3. Place on spit. Roast for 10 min on high heat, then 40-50 min on low heat to desired brownness.

CHICKEN BARBECUE SAUCE

1 egg	1½ t poultry seasoning
½ c salad oil	¼ t white pepper
1 c cider vinegar	
2 T salt	

1. Beat egg, add oil and beat again. Add other ingredients and combine.
2. Heat sauce and pour over chicken. Let stand 1 hr.
3. Place chicken on spit on low heat and roast according to chart.

CHICKEN BARBECUE SAUCE

1 c salad oil	2 t salt
¼ c lemon juice	1/8 t pepper
1/8 t Tabasco sauce	1 clove garlic
4 t prepared mustard	
2 T brown sugar	

1. Make barbecue sauce by combining salad oil, lemon juice, Tabasco sauce, mustard, sugar, salt and pepper. Add garlic cut in half. Let stand several hours. Remove garlic and shake before using.
2. Let chicken stand in sauce overnight.
3. Remove chicken from sauce and place on spit. Roast according to chart.