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Cooking a Spit



To begin, light 2 separate charcoal fires in the tray inside the spit. Make the pile at the end that the front (forequarter) of the lamb is positioned over.

What is shown here is 1/3 of a large bag of Meat market charcoal (or 1 small one).

IMPORTANT NOTE:

You will not be spreading these piles out.



Place spit rod through the tailbone of the lamb and put 1 of the spit spikes on and gently tap into the lamb with a hammer. It's important to get this nice and firmly into place. Screw this into place with the tap screw.



Place the flat bar below the knuckle joint with the hoop going under the shank – this needs to be really tightened up on the wingnuts.



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The other end of the spit rod should be positioned coming out of the front of the lamb just under the neck.



The second set of spit spikes then needs to be pushed firmly into the front of the lamb. Tapping in with a rubber mallet is suggested. Again once firmly in tighten up the tap screw.



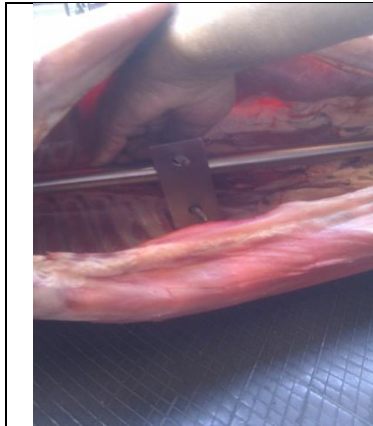
This is the most important thing to attach properly to secure your lamb.



Push this through right in the middle of the lamb.



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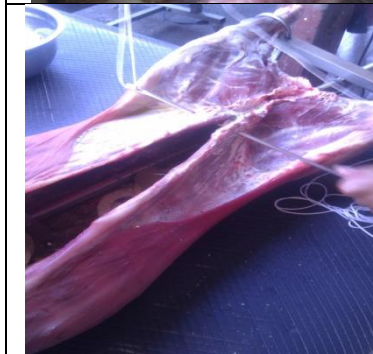
Place the plate provided on the inside of the spit rod and screw up tightly with the wing nuts. Doing this properly will stop the lamb from spinning on the rod and will allow you to remove ½ of the lamb for carving while letting the other half continue to roast.



Put the second leg attachment rod on the front of the spit rod and bend the lamb foreshanks to sit under the bends in the rod. It may be a good idea to tie these on with a little butchers string.



Baste the inside with olive oil and herbs and spices – another good idea is to put some thickly cut onions inside for a tasty surprise when the lamb is done. Herbs/ spices that go well with lamb include oregano, thyme, rosemary, sumac, cumin and garlic.



Sew up the cavity with butchers string or soft fencing wire. Do not use any string, garden wire, etc that has any plastic in it.



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Stich all the way right to the top of the lamb.



Once done, tie the loose end of the string back over the last couple of stitches.



Rub the outside of the lamb with the same olive oils and herb mixture as you put on the inside of the lamb and season with salt and pepper.



Place the lamb on the spit – note the piles of charcoal have “ashed off” and are white at this point.

Continue to top up charcoal as required during the rest of the cooking process – always remembering to keep the charcoal in 2 piles and not spread across the bottom. Always leave a few more charcoal chunks at the front of the lamb.



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Keep an eye on your lamb and once it begins to sweat (bubbles appear on the skin) you are now cooking. During the cooking time of 4-5 hours you can raise and lower the lamb as the coals underneath get cooler and hotter as you stoke it with more charcoal.

Don't put the lamb too close to the coals as it will burn.



Baste with the same mix as before every half hour from the time the lamb begins to "sweat". Make sure it stays slowly sweating during this time. Squeeze some lemon in the herb and oil mix for the final couple of bastes and you can mist the lamb with salt water in the last 30 minutes.

ENJOY!