

Spit Roasting Guide For Meat And Poultry

Approx. Roasting Time - Closed Lid

| Food | Cut | Weight | Temperature | Rare | Medium | Well Done | Comments |
|--------------|-----------------------------|-----------------|---------------|-------------|-------------|-------------|--|
| Beef | Rolled rib roast | 5 - 6 lbs | Hot | 1½ - 2 hrs | 2 - 2¼ hrs | 2½- 3 hrs | Use roasting pan underneath |
| | Tenderloin roast | 2½ lbs | Medium - High | 40 - 45 min | 50 - 60 min | | Use roasting pan underneath |
| | Eye of round | 3 - 4 lbs | Medium - High | 1¼- 1½ hrs | 1½- 2 hrs | | Use roasting pan underneath |
| | Boneless rump roast | 3 - 4 lbs | Medium - High | | 1¼ - 1¾ hrs | 1½- 2 hrs | Have meat rolled and tied, use roasting pan |
| Lamb | Leg | 5 - 7 lbs | Medium | 1 hr | 1½ - 2 hrs | 1¾ - 2¼ hrs | Have shank cut off short |
| Pork | Boneless loin roast | 5 - 6 lbs | Medium | | | 2½ - 5 hrs | Have meat rolled and tied Use roasting pan |
| | Loin back ribs or spareribs | 3 - 4 lbs | Medium - High | | | 1 - 1¼ hrs | Thread on spit accordion style Use roasting pan |
| Ham | Boneless piece | 9 - 10 lbs | Medium | | | 2 - 2¼hrs | Use roasting pan |
| Chicken | Whole | 2½ - 3 lbs | Medium - High | | | 1½- 2 hrs | Use roasting pan |
| Cornish Hens | 4 birds | 1 - 1½ lbs each | Medium | | | 1 - 1¼ hrs | Use roasting pan |
| Duckling | Whole | 4 - 6 lbs | Medium - High | | | 1½- 1¾ hrs | Pan is essential |
| Turkey | Unstuffed | 6 - 8 lbs | High | | | 2 - 2½ hrs | Push holding forks deep into bird. |
| | | 12 - 16 lbs | | | | 2½ - 3 hrs | Purchase frozen, thaw completely |
| | 2 rolled turkey | 28 oz | Medium - High | | | 1¾ - 2¼ hrs | Use pan |
| | Boneless turkey roast | 5 - 6 lbs | Medium - High | | | 2 - 2½ hrs | |

Tighten spit screws with pliers as they often loosen when exposed to heat. Make sure meat is balanced in the centre of the spit, or rotisserie will not turn. Use a counterweight if meat is not balanced.