

# BARBECUED **BEEF ROUND**

## INGREDIENTS :

3kg round roast  
½ cup olive oil  
¼ cup lemon juice  
1 tablespoon salt  
1 tablespoon dried rosemary leaves  
1/2 cup of either BBQ sauce or tomato sauce  
1 bay leaf crumbled  
½ tablespoon cracked black pepper

## PREPARATION :

Mix oil, BBQ/tomato sauce, lemon juice, bay leaves, salt, pepper and rosemary. Pour approximately ¾ of the mixture over beef and allow to marinate overnight turning the meat every couple of hours. Remove beef from refrigerator 1 hour before roasting. Secure roast on spit, balancing evenly. Baste the meat in the left over mixture every 20 minutes.



Cook  
Time



**2.0HRS.**

IMAGE BELOW

non-flammable  
butchers string  
holding together  
the beef

## HOT TIP

use butchers twine to keep the roast together and reduce stress on your motor

