



CHICKEN SPIT ROAST RECIPES

Volume 1



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ROSEMARY CHICKEN DRUMSTICKS

Ingredients

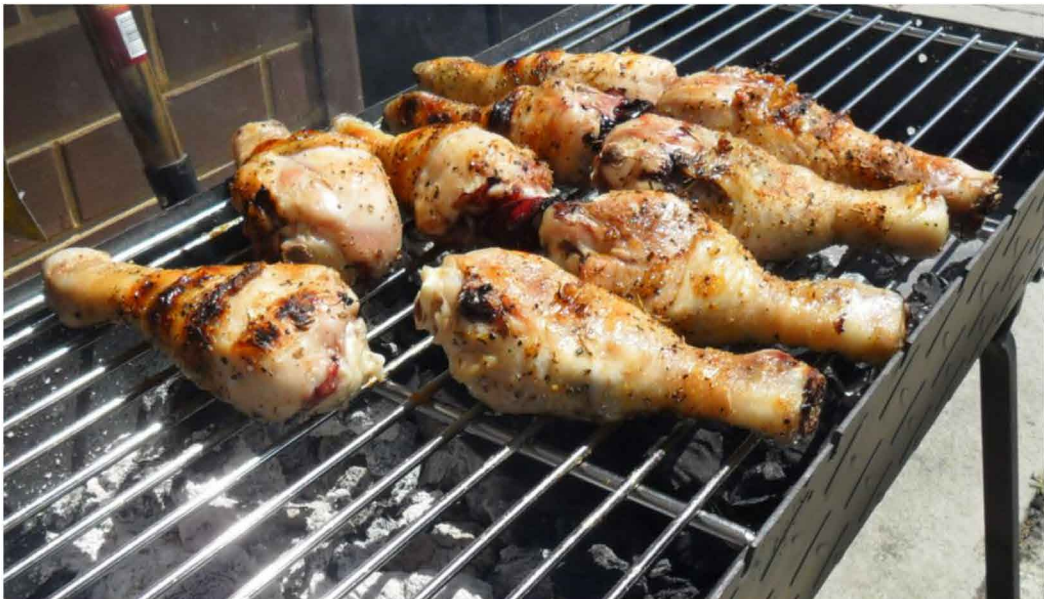
- 12 chicken drumsticks
- 2 sprigs rosemary
- 30g salt
- 4 tablespoons salt
- 2 tablespoons pepper
- Juice from 1 lemon
- 100ml olive oil

Method

Rub salt and pepper into each drumstick. Insert pieces of 1 rosemary sprig under the skin of the chicken. Mix together the lemon juice and olive in a jar and use the rosemary sprig to baste the meat every 20 minutes.

Cooking time

Approximately 2 hours



Drumsticks cooking charcoal BBQ style

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CAJUN CHICKEN BREASTS

Ingredients

- 6 chicken breasts skin-off (1.5kgs)
- Masterfoods hot Cajun seasoning
- 1 sprig rosemary
- Juice from 1 lemon
- 50ml olive oil

Method

Remove any excess skin from the chicken breasts.

Cover all surface areas with the hot Cajun seasoning and allow to marinate for at least 1 hour before adding to the spit.

Mix together the lemon juice and olive oil in a jar and use a sprig of rosemary to baste the oil with the mixture every 20 minutes.

Cooking time

Approximately 1.5 hours



Pictured Above: Cajun chicken marinating before being skewered

TRADITIONAL MEDITERRANEAN CHICKEN RUB

Ingredients

- 2 x 1.5kg chicken
- Pinch Marjoram
- Pinch Thyme
- Pinch Crushed fennel seed
- Pinch Lavender
- Pinch Sage
- Pinch Rosemary
- Olive oil
- Juice of 1 lemon

Method

Chop all ingredients finely and mix together with a small amount of olive oil and lemon juice to make a thick paste.

Rub mixture inside and out.

Cooking time

Approximately 1.5 hours



Pictured Above: Foil assists in protecting those delicate parts of the chicken for getting burned

HONEY & SOY CHICKEN GYROS

Ingredients

- 4kg chicken breast (approximately 15 breasts)
- 10 tablespoons soy sauce
- 3 tablespoons honey
- 3 tablespoons mustard (mild or hot)
- 10 grams mixed herbs
- Rosemary sprig
- Juice from 1 lemon
- 100ml olive oil

Method

Marinate chicken breasts in a mixture of mustard, soy sauce, honey (heat to make the honey soft) and mixed herbs.

Thread the chicken onto the skewer and wedge using two gyros plates.

Mix the lemon juice with the oil and use the rosemary sprig to baste the chicken regularly.

Cooking time

Approximately 2.5

hours



Pictured Above: Carve the meat regularly once the outside becomes crisp