

ROTISSERIE OVEN COOKING BASICS

Key Ingredients	Product	Weight	Qty	Ingredients	Spit/Basket	Procedure	Final state	Final temp	Pre-heat	Vent setting 1	Temp 1	Time 1	Vent setting 2	Temp 2	Time 2	Hold Temp	Hold Time
Fruits & Vegetables	Large-cut vegetable medley		1 basket		V-Spits							0:30:00					
Fruits & Vegetables	Red potatoes, quartered		1 basket		V-Spits							0:45:00					
Beef	Ribeye cap		1		Piercing Spit			130	450	3	375	0:15:00	3	220	1:40:00	135	
Beef	Ribeyes		2		Piercing Spit			138	450	3	375	0:15:00	3	220	2:00:00	135	
Beef	Tri tip				Basket			128-132	450	3	375	0:15:00	3	250	0:40:00	135	
Lamb	Leg of lamb, boneless		3 legs (1 per basket)		Basket			130	300	3	250	2:20:00	3			140	1:00:00
Lamb	Rack of lamb				Basket				450		220	0:20:00				140	
Pork	Baby back pork ribs		14 (2 ribs/basket)		Basket		Cooked to tender	190+	250	3	250	2:30:00	3			160	0:30:00
Pork	Baby back pork ribs		14		Basket		Cooked to pull-from-bone	190+	250	3	250	2:30:00	3			160	
Pork	Porchetta				Basket			160	450	3	250	2:30:00	3	400	0:20:00	160	
Pork	Pork hocks		3 baskets	Marinade: water, salt, pepper, cider vinegar, pickling spice to cover	Basket	Marinate 2 hours			250	3	250	1:50:00	3	400	0:30:00		
Pork	Pork loin, boneless				Basket			150	350	3	350	0:30:00	3	250	1:15:00	160	
Pork	Whole suckling pig				Piercing Spits			175-185	450	3	250	1:50:00	3	375	0:40:00	160	
Poultry	Half chicken				Basket			185-190	440	6	440	0:35:00-0:40:00	--			160	
Poultry	Turkey breast, single lobe, boneless		8		Basket			160-165	400	3	375	1:45:00				160	
Poultry	Whole chicken, fresh	2.5 lb	~28		V-Spits			175-185	440	4	440	0:55:00	--			160	
Poultry	Whole chicken, fresh	3 - 3.5 lb	~21		V-Spits			175-180	475	3	440	0:55:00-1:00:00	--			160	
Poultry	Whole chicken, fresh	4+ lb	~21		V-Spits												
Poultry	Whole chicken, injected	3.5 - 4 lb	~21	No seasoning	V-Spits			170+	475	6	455	1:10:00	--			160	
Poultry	Whole chicken, injected, seasoned	3 - 3.5 lb	~21	Lawry's Seasoned Salt	V-Spits				475	3	455	0:55:00	--			160	
Poultry	Whole chicken, injected, seasoned	4+ lb	~21	Lawry's Seasoned Salt	V-Spits			175-190	475	3	455	1:10:00	--			160	
Poultry	Whole chicken, injected, seasoned	4+ lb	~21	Lawry's Seasoned Salt	V-Spits			175-190	475	3	455	1:10:00	--			160	
Poultry	Whole turkey				Turkey Spit			165	475	1	350	12:00	3	400	12:00:00	160	
Poultry	Turkey legs				Basket			165	475	4	450	15:00	4	400	2:00:00	160	