



Demo card

ROTISSERIE CHICKEN

Demo difficulty level 1 (simple) – 5 (hard)



Serves: 6 people

EGG set up: Rotisserie Direct

EGG target temperature: 180°C - 200°C

Cooking time: 1 hour and 10 minutes, or until you reach an internal temperature of 72°C for the legs and 63°C for the breasts.

This is the simplest of Rotisserie recipes – nothing more than chicken, oil and salt. Plus some optional herbs or herb butter, if you're so inclined. That simplicity means you owe it yourself to buy the best quality birds you can: high-welfare chickens with flavoursome meat and good fat coverage. Cook to temperature not time to avoid the twin perils of either inedibly undercooked or sadly dried-out meat.

EQUIPMENT



ROTISSERIE

KEY MESSAGES:

- 1 You can cook direct and indirect with the Big Green Egg Rotisserie.
- 2 New Rotisserie accessories are being released.
- 3 Results in perfect crispy skin.

ROTISSERIE RECIPE



Recommended charcoal

Premium 100% Natural Oak & Hickory Lump Charcoal





INGREDIENTS

- 2 whole medium-to-large free range chickens
- 6 sprigs of rosemary
- A handful of sage
- A handful of thyme
- Rapeseed oil
- Sea salt

METHOD

SET UP YOUR EGG

Set up your EGG for direct rotisserie cooking, with the Rotisserie ring in place and the motor unit plugged in.

Make sure the giblets are removed from the chicken, then pat the skin dry. Remove the top fork from the Rotisserie spit. Place the first chicken on the spit, threading from the rear to the neck. Securely skewer the bird onto the bottom fork, making sure there are no loose limbs. Add the second chicken to the spit and skewer it with the top fork, then tighten the wing screws. Make sure the birds are placed in the centre of the spit, allowing it to turn in the rotation grooves.

Add the herbs into both chicken cavities. If you're feeling adventurous, make your own flavoured butter and stuff it under the skin. Thyme, rosemary, garlic and parsley are always winners.

GET THE ROTISSERIE TURNING

Cover the chicken all over with the oil. With EGG Mitts on, place the spit into the Rotisserie motor.

Turn on the motor and watch the birds rotate. After a full rotation, check that the chickens are secure, season them evenly with salt as they turn, then close the Dome.

For an average-sized chicken, the cook time is about an hour. You are looking for an internal temperature of 72°C for the legs and 63°C for the breasts.

Top tip

To spice things up, swap the herby stuffing for a tandoori marinade.



ALERT: As with any cooking demo, food hygiene and customer safety are essential. Please ensure that whoever is running the demo has completed a Food Hygiene Level 2 exam online and check the www.food.gov.uk website for further guidance.