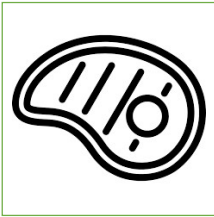
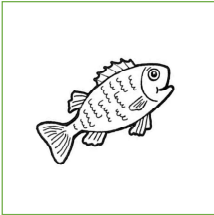


Learning in the Leaves

Rotisserie



Fresh : Cook meats straight on the rotisserie. Ensure you turn regularly until the meat is cooked. You may choose to use a meat thermometer to ensure it is properly cooked (65°). You can also cook vegetable e.g. pepper, tomato, onion, mushrooms, etc.



Fish: Select a piece of fish that is at least three-quarter-inch thick. Fillets and steaks are ideal for the rotisserie. Wash your fish off in cold water and pat it dry with a paper towel. Brush your fish with olive oil to keep it from drying out during cooking. Put your fish on the rotisserie or in a rotisserie basket if possible. Cut a citrus fruit such as lemon, lime or orange in slices. Place slices on top of the fish or next to it on the rotisserie. Check your fish often so it doesn't become dried out. Fish is done when it reaches 68 degrees Celcius. Check the temperature of your fish with a meat thermometer when it looks opaque and the meat is easily flaked with a fork.