

Roast Beef on a Rotisserie Grill

1 6 pound (approximately 3 kilo) beef roast (entrecote or center rib (# 22) cut that will dry roast well, we called this "roast beef" in America, if unsure, ask your butcher), trussed or tied up with kitchen twine (meant for cooking) so that it is cylindrical in shape
Montreal steak seasoning **OR** granulated onion, granulated garlic, pinch of paprika, kosher salt and black pepper
additional kosher or coarse salt
olive oil

Prepare the roast by washing and patting dry. Then rub all over with olive oil. Generously season with kosher/coarse salt, granulated onion, granulated garlic, a hint of paprika and black pepper. Coat all over. Take the spit/skewer and spit the roast in the middle, pushing so it sits properly in the middle of the spit and fasten with spit forks on either side but not tightening too much till you see that it will sit properly in the middle of the grill. Remove the grill's grates and place a disposable pan beneath the roast to catch the drippings. Check that your rotisserie turns the roast round and round properly. Then turn on the two side burners leaving the burner beneath the roast off (cooking by indirect heat). Close the lid and turn on the grill till it reaches 400 F/200 C and leave to grill on that temperature for half an hour. (Alternatively, if you have no rotisserie, place roast on a rack with a drip pan beneath and continue as above with indirect heat). Peek to check on roast and lower temp to 325-350F/162-177 C or so. Cook approximately an additional hour or so or till internal temperature is about 130 for medium rare, about 145 for medium and about 150 ish for medium well. Let's not talk about well done, just a shame to ruin your beef like that. Also remember the meat continues to cook when it rests from residual heat.

Remove from grill, remove forks and spit and carefully and immediately remove the twine or netting or it sticks to the roast and will pull off your crust. Cover with foil and let rest at least 20 minutes.

Serve in big slabs to happy diners, end pieces will be more done than the middle which will be dark pink. If it's too rare for you, toss the slices on the grill for half a minute on each side (really not more) till still juicy and succulent but not dry.