

## Roasting beyond chicken in a Fri-Jado rotisserie

A quick guide to multi-  
functional menu ideas.



## Front cooking...

...stimulates senses and increases sales. The more attractive and appetising a product is presented, the more you sell.

The Fri-Jado cooking line consists of ultimate front cooking equipment. We also offer a wide range of heated grab-and-go merchandisers, heated counters and refrigerated counters. Each piece of equipment meets professional standards, is simple to operate and makes your food irresistible.

This quick guide has been specially compiled for everyone who is interested in selling rotisserie products. It provides mouthwatering recipes, very useful tips and information on preparing your roasted products in a Fri-Jado rotisserie.

We wish you a lot of fun developing a menu that works for you!



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# Before you get started

## When you use your rotisserie for the first time:

- Make sure to develop operator instructions, so employees can work according to your procedures and recipes. You can find a laminated sample with your Fri-Jado rotisserie.
- Use the preheat function for your first roast of the day.
- As a rule of thumb, the more moisture you add when seasoning a product, the longer the cooking time.
- When using meat forks or V-spits, make sure the chickens are spread equally over the spit.

## Starting and loading the rotisserie:

- With the door open, press the rotor button to activate the rotor as this allows easy loading and unloading of the products.
- Remember to arrange your products evenly in the rotisserie to get the best visual effect and the right weight distribution.
- Make sure the product does not touch the ceiling and glass panes during cooking.
- Do not leave empty meat forks, baskets and chicken racks in the rotisserie during cooking.



## Product roasting times

Fri-Jado always wants to make sure your roasted products are of the best quality. The table below shows time, set oven temperature and desired core temperature per type of product. Keep in mind that the time, temperature and core temperature may vary, based on the quality and weight of the product and the use of spices, marinades and the injection of flavours.

Product	Product weight (per portion)	Time	Oven temperature	Core temperature
Chicken	0.8 - 1.5 kg	60 - 75 min.	180°C	85°C
Chicken wings	0.1 - 0.2 kg	15 - 25 min.	180°C	85°C
Chicken thighs	0.2 - 0.5 kg	35 - 55 min.	180°C	85°C
Butterfly chicken	0.8 - 1.4 kg	45 - 60 min.	180°C	85°C
Drumsticks	0.1 - 0.3 kg	25 - 35 min.	180°C	85°C
Chicken legs	0.2 - 0.4 kg	30 - 40 min.	180°C	85°C
Duck	1.2 - 1.4 kg	30 - 40 min.	180°C	65°C
Turkey	2.4 - 4.5 kg	80 - 100 min.	180°C	85°C
Turkey with filling	3.0 - 5.0 kg	90 - 110 min.	180°C	85°C
Turkey filet	1.0 - 1.5 kg	50 - 65 min.	175°C	70°C
Pork ribs slow cook	1.5 - 2.0 kg	150 - 200 min.	125°C	70°C
Spare ribs	0.8 - 1.0 kg	30 - 45 min.	180°C	70°C
Rack of lamb	-	90 min.	130°C	45°C
Leg of lamb	1.8 - 2.5 kg	60 - 70 min.	180°C	65°C
Pork belly	0.8 - 1.0 kg	50 min.	165°C	70°C
Pork shoulder	0.6 - 0.8 kg	55 min.	170°C	70°C
Suckling pig	8.0 - 10.0 kg	100 - 120 min.	160°C	70°C
Minced beef	1.0 - 1.2 kg	40 - 50 min.	185°C	70°C
Roast beef	1.5 - 2.0 kg	30 - 45 min.	180°C	40°C
Roulade (pork)	2.0 - 2.5 kg	50 - 60 min.	180°C	70°C
Roulade (beef)	2.0 - 2.5 kg	40 - 55 min.	180°C	65°C
Fresh Haddock fillets	0.125 - 0.250 kg	9 - 12 min.	200°C	65°C
Frozen Haddock fillets	0.125 - 0.250 kg	20 - 22 min.	200°C	65°C
Calamari rings	0.05 kg	15 - 20 min.	200°C	-
Oven-roasted squid	0.3 - 0.3 kg	15 - 20 min.	180°C	65°C

## Rotisserie accessories

Different products require different accessories during cooking. Fri-Jado offers several accessories to make sure you can prepare your product perfectly. With every recipe, we recommend the accessories to use in your Fri-Jado rotisserie.

### TDR and TDR auto-clean accessories



Meat fork



Meat basket



Chicken rack

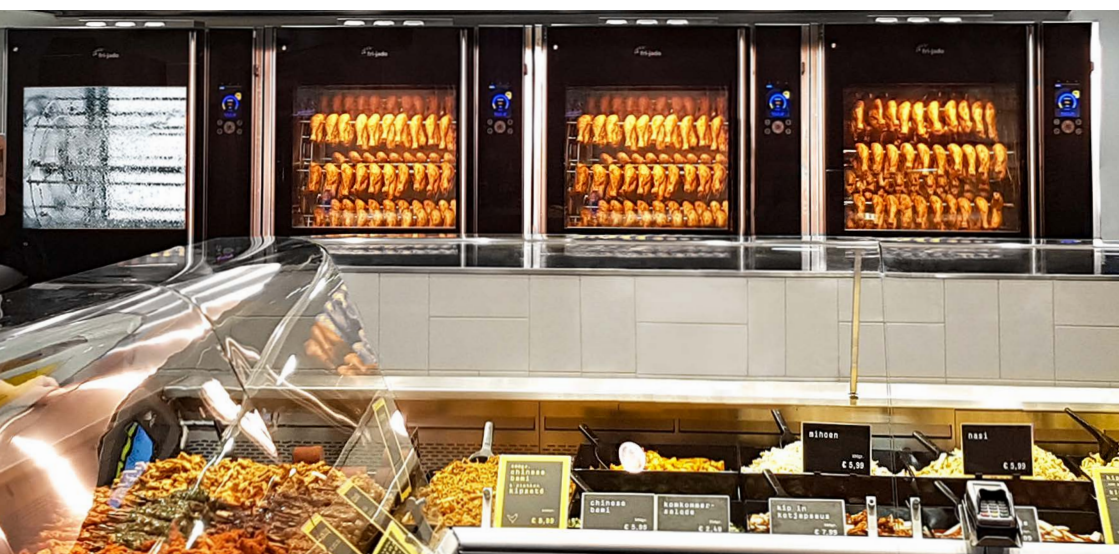


V-spit



Butterfly chicken rack

To clean the rotisserie accessories, soak the parts in warm soapy water for about 15 minutes. The Multisserie and TDR auto-clean have an automatic cleaning function.



## Roasting tips and tricks

- You can prepare much more than just poultry in the rotisserie. Basically you can roast any type of meat, fish or even potatoes and vegetables.
- When using the preheat function, set the temperature 10% higher than the final roasting temperature (e.g. if your roasting temperature is 200°C, set the preheating temperature to 220°C).
- When the rotisserie indicates that the preheat cycle is finished, load the oven as quickly as possible to prevent heat loss.
- Preheating the rotisserie is only necessary once a day, before starting the first batch.
- When using meat forks, make sure that the chicken is properly centred on the meat fork so it doesn't touch the ceiling plate.

## Seasoning and herb mix recipes

Marinades and spice mixes are great seasonings that can be used to spice up a product. Below are a few things to keep in mind when seasoning or marinating your products:

- A lot of ready-made seasonings and marinades contain sugar, which affects the total cooking time and final colour of your product. Therefore, use fresh seasonings and marinades when possible.
- Apply seasoning to poultry on both the inside and outside of the product for the most intense flavour.
- Spread the seasoning evenly over the product.
- Remove excess marinade from the product. An overload of marinade will most likely get burned and has a negative effect on the colouring of the product.





## Butterfly chicken

**Cooking** 50-70 min.

### Ingredients

- Chicken
- Olive oil
- Rosemary
- Lemon
- Salt
- Black pepper

### Preparation

Rub olive oil on both sides of chicken and generously season with salt and black pepper. Arrange lemon slices and rosemary on the rack and place chicken, skin-side up, onto the rack. Cook in a preheated rotisserie for 35-55 minutes at 180 °C.

If you would like to marinate the butterfly chicken, see the Portuguese chicken marinade recipe on page 23.

**Accessory:** butterfly chicken rack





## Turkey

**Cooking** 80-100 min.

### Ingredients

- Turkey
- Parsley
- Sage
- Rosemary
- Olive oil
- Salt
- Black pepper

### Preparation

Mix the parsley, sage, rosemary and olive oil in a bowl. Lightly rub mixture all over the skin. Rub the skin with salt and black pepper. Cook the turkey in a preheated rotisserie for 80-100 minutes at 180 °C.

**Accessories:** meat fork, meat basket, V-spit.



## Turkey with filling

**Cooking** 90-100 min.

### Ingredients

- Turkey
- Apple, cubed
- Onion, cubed
- Fresh herbs
- Salt
- Black pepper

### Preparation

Remove the gizzard turkey. Season the cavity with salt and black pepper and and fill it with the apple, onions and fresh herbs. Rub the skin with salt and black pepper. Cook the turkey in a preheated rotisserie for 90-100 minutes at 180 °C.

**Accessory:** meat basket



## Pork ribs slow cook

**Cooking** 150-200 minutes

### Ingredients

- Pork ribs
- Smoked paprika powder
- Brown sugar
- Fajita seasoning

### Preparation

Mix the brown sugar, fajita seasoning and paprika in a bowl. Marinate the pork with the mixture. Cook the pork ribs in a preheated rotisserie for 150-200 minutes at 125 °C, until the ribs are very tender.

**Accessory:** meat basket



## Spare ribs

**Cooking** 30-45 minutes

### Ingredients

- Spare ribs
- Garlic, minced
- Dried oregano
- Salt
- Smoked paprika powder
- Black pepper powder

### Preparation

Mix the salt, pepper, oregano, and paprika powder in a bowl and rub mixture all over the ribs. If possible, season the ribs the day or night before, and let them rest in the refrigerator. Take them out of the refrigerator at least one hour before cooking. Cook the spare ribs in a preheated rotisserie for 30-45 minutes at 180 °C. Cover the ribs with aluminum foil and let the ribs rest for at about 15 minutes before serving.

**Accessory:** meat basket



## Roast beef

**Cooking** 30-45 min.

### Ingredients

- Roast beef
- Black pepper
- Salt

### Preparation

Season roast beef with salt and black pepper. Cook the roast beef in a preheated rotisserie for 30-45 minutes at 180 °C.

**Accessories:** meat fork, meat basket



## Roulade (beef/pork)

**Cooking** 40-55 min. (beef)

50-60 min. (pork)

### Ingredients

- Beef or pork
- Salt
- Rosemary
- Black pepper
- Thyme

### Preparation

With a sharp knife, make small notches in the roulade. Fill the notches with short sprigs rosemary, thyme, salt and black pepper. Cook the roulade in a preheated rotisserie at 180°C for 40-55 minutes (beef) or 50-60 minutes (pork).

**Accessory:** meat basket



## Leg of lamb

**Cooking** 60-70 min.

### Ingredients

- Leg of lamb
- Lemon juice
- Garlic, minced
- Salt
- Rosemary
- Black pepper
- Olive oil
- Lemon zest

### Preparation

Mix the garlic, rosemary, olive oil, lemon juice, salt, black pepper and lemon zest in a bowl. Marinate the lamb for 1 hour. Cook the lamb in a preheated rotisserie for 60-70 minutes at 180°C.

**Accessories:** meat fork, meat basket



## Rack of lamb

**Cooking** 90 min.

### Ingredients

- Rack of lamb
- Salt
- Rosemary
- Black pepper
- Thyme
- Olive oil
- Garlic, minced

### Preparation

Mix rosemary, thyme, garlic, black pepper and olive oil in a bowl. Marinate rib rack(s) all over with the mixture. Sprinkle the lamb racks with salt and black pepper. Cook the rack of lamb in a preheated rotisserie for 90 minutes at 130 °C.

**Accessories:** meat fork, meat basket



## Pork loin roast

**Cooking** 60-75 min.

### Ingredients

- Pork loin
- Garlic, minced
- Salt
- Black pepper
- Smoked paprika powder

### Preparation

Mix the salt, black pepper and paprika powder in bowl and marinate the pork loin. Cook in a preheated rotisserie for 60-75 minutes minutes at 160 °C. Remove from the rotisserie and let rest for about 5 minutes before serving.

**Accessories:** meat fork, meat basket





## Suckling pig

**Cooking** 100-120 min.

### Ingredients

- Suckling pig
- Whole cloves of garlic
- Fresh ginger
- Salt
- Black pepper

### Preparation

Season pig inside and out with plenty of salt and black pepper. Fill cavity with garlic and ginger. Cook in a preheated rotisserie for 100-120 minutes at 160 °C. Cook until skin is crisp all over. If ears or tail begin to burn during cooking, cover with foil and continue roasting.

**Accessories:** meat fork, v-spit





## Eisbein

**Cooking** 120-130 min.

### Ingredients

- Eisbein
- Cumin
- Thyme
- Garlic, minced
- Black pepper
- Salt

### Preparation

Make an incision in the skin of the eisbein and rub in a mixture of cumin, thyme, garlic, black pepper and salt. Roast the eisbein for 120-130 minutes at 180°C. The shank should become crispy.

**Accessories:** meat fork, meat basket





## Oven-roasted squid

**Cooking** 15-20 minutes

### Ingredients

- Squid
- Salt
- Olive oil
- Black pepper

### Preparation

Wash squid thoroughly and dry excess liquid. Transfer in a bowl and add olive oil, salt and black pepper. Cook in a preheated rotisserie for 15-20 minutes at 180 °C.

**Accessory:** meat basket



## Calamari rings

**Cooking** 15-20 minutes

### Ingredients

- Calamari rings
- Olive oil
- Breadcrumbs
- Lemon juice
- Polenta

### Preparation

Wash calamari rings thoroughly and dry excess liquid. Transfer in a large bowl and add olive oil. In a separate bowl, mix breadcrumbs and polenta. Dip the calamari rings into the mixture of breadcrumbs and polenta. Cook in a preheated rotisserie for 15-20 minutes at 200 °C, until nicely golden. Serve straight away with few drops of lemon juice.

**Accessory:** meat basket



## Fresh haddock fillets

**Cooking** 9-12 min.

### Ingredients

- Fresh haddock fillets
- Onion powder
- Paprika
- Garlic powder
- Cayenne pepper
- Salt
- Black pepper

### Preparation

Mix onion powder, paprika, garlic powder, salt, black pepper, and cayenne pepper in a bowl. Sprinkle seasoning over haddock fillets. Cook in a preheated rotisserie for 9-12 minutes at 200 °C.

**Accessory:** meat basket



## Frozen haddock fillets

**Cooking** 20-22 minutes

### Ingredients

- Frozen haddock fillets
- Olive oil
- Onion powder
- Paprika powder
- Garlic powder
- Cayenne pepper
- Salt
- Black pepper

### Preparation

Rinse frozen haddock fillets under cold running water to remove any ice crystals. Brush fish lightly with olive oil on all sides. Cook in a preheated rotisserie for 4-5 minutes at 200 °C. Mix onion powder, paprika, garlic powder, salt, black pepper, and cayenne pepper in a bowl. Remove from the oven and add seasoning. Continue to cook for about 16-17 more minutes.

**Accessory:** meat basket



## Roasted vegetables

**Cooking** 35 min.

### Ingredients

- Mixed vegetables (use vegetables such as sweet pepper, zucchini, tomatoes, pumpkin and mushrooms).
- Olive oil
- Oregano
- Rosemary
- Cut fresh parsley
- Garlic pulp
- Salt
- Black pepper

### Preparation

Cut the vegetables into even pieces. Mix the vegetables together with the olive oil and herbs and add the garlic. Put the vegetables in insert trays or aluminium trays. Place these trays into the meat baskets. Roast the vegetables in the rotisserie for 35 minutes at 180°C. Add the parsley on top of the vegetables after roasting.

**Accessory:** meat basket





## Potato pie

**Cooking** 35 min.

### Ingredients

- Potatoes
- Whipped cream
- Pasteurized egg yolk
- Grated cheese
- Garlic pulp
- Salt

### Preparation

Cut the potatoes into very thin slices. Mix the potato parts together with the salt. Put the potatoes in a insert tray or aluminium tray in the meat basket and add the whipped cream and yolk mass on top of the potatoes. Finally, add the cheese to the potatoes. Cook in a preheated rotisserie for 35 minutes at 180 °C

**Accessory:** meat basket





## Roasted chicken with mozzarella and sun-dried tomatoes

**Cooking** 25 min.

### Ingredients

- Chicken thighs (deboned)
- Herb-infused oil
- Creamy cheese sauce
- Mozzarella
- Sun-dried tomatoes
- Scallions
- Basil
- Bruschetta mix

### Preparation

Cut the chicken thighs into evenly small pieces and marinate them for 35 minutes in the herb-infused oil. Finely chop the mozzarella, sun-dried tomatoes and basil. Pour about 25 gr of creamy cheese sauce into a dish and cover with the chopped mozzarella, basil, sun-dried tomatoes and scallions. Place the pieces of marinated chicken on the mixture and sprinkle with the finely chopped scallions and bruschetta mix. Put everything into insert trays or aluminium trays. Place these trays into the meat baskets. Cook in a preheated rotisserie for 25 minutes at 180 °C.

**Accessory:** meat basket





## Portuguese chicken marinade

### Cooking -

#### Ingredients

- 15 gr cayenne pepper
- 5 gr ground bay leaves
- 10 gr paprika powder
- 40 gr garlic powder
- 1.5 dl red wine vinegar
- 4.5 dl olive oil
- Salt

#### Preparation

Mix the cayenne pepper, ground bay leaves, paprika powder, garlic powder, red wine vinegar and olive oil in a bowl. Add a pinch of salt while stirring the mixture. Allow the chickens to marinate for about four hours. For an even better result, marinate the chicken overnight.



# Friends of roasted products

Which herbs can you add to which product to get the best flavour combination? The table below indicates which herbs to use for roasted birds, lamb, pork, potatoes and vegetables.

Herb	Birds	Lamb	Pork	Potatoes	Vegetables
Basil	■	■			■
Cayene pepper				■	
Tarragon	■	■	■		■
Ground ginger	■		■		
Curry	■				
Ground garlic	■	■	■	■	■
Coriander	■		■		
Marjoram		■	■		■
Oregano		■	■		
Pepper	■	■	■		
Paprika	■				
Parsley	■			■	■
Rosemary	■	■	■	■	■
Sage	■	■	■		■
Thyme	■	■		■	■

# Promoting your rotisserie products

## A few tips to help promote your products

- Place the rotisserie in plain sight of your customers and attract them with the rotisserie's cooking theatre. Everyone loves the sight and smell of rotisserie products!
- Let customers taste your products.
- Mention the product's origin, for example: organic, regional etc.
- Work with different flavours or roasted items each day and promote this as your "Flavour of the Day" or "Roast of the Day".
- Add finger food such as roasted chicken wings, drumsticks and mini-meatballs to your rotisserie product range.
- Use marinades and seasonings to add some variety to your product offer (e.g. hot spices, Provençal herb mix, rosemary) or different stuffings in your chicken or turkey.
- Boost your sales even more by merchandising your rotisserie products in an irresistible way. Use one of Fri-Jado's inline counters or grab-and-go merchandisers!



**More tips...**

**Front cooking boosts sales: using one of the Fri-Jado auto-clean solutions guarantees an always clean rotisserie.**

**Cater to “food-for-now” shopping missions by adding finger food solutions like chicken wings, drum sticks and meatballs.**

**Create clearly priced “meal-deal-solutions” by adding several hot & cold side dishes to choose from.**





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