

PRIMAL GRILL – RECIPES

10. ONE GOOD TURN (ROTISSERIE GRILLING)

Pineapple-Glazed Baby Back Ribs with Ginger-Pineapple-Rum Barbecue Sauce

Spit-Roasted Prime Rib with Horseradish Cream Sauce

Spit-Roasted Peking Duck with Hoisin-Plum Sauce

PINEAPPLE-GLAZED BABY BACK RIBS WITH GINGER-PINEAPPLE-RUM BARBECUE SAUCE

**Source: Adapted from Raichlen on Ribs by Steven Raichlen
(Workman, 2006)**

Method: Spit-roasting

Serves: 4

1 cup pineapple juice
2 tablespoons brown sugar
1 tablespoon sweet paprika
2 teaspoons coarse salt (kosher or sea)
1 teaspoon ground cinnamon
1 teaspoon fennel seed
1 teaspoon granulated onion or onion powder
1/2 teaspoon granulated garlic or garlic powder
1/2 teaspoon caraway seed
1/2 teaspoon ground ginger
1/2 teaspoon freshly ground black pepper
1/8 teaspoon ground cloves
2 racks baby back pork ribs (4 to 5 pounds total)
Ginger-Pineapple-Rum Barbecue Sauce (recipe follows)

You'll also need:

Spray bottle (optional); 1-1/2 cups wood chips or chunks (optional; preferably pecan or hickory), soaked for 1 hour in water to cover, then drained

Place the pineapple juice in a spray bottle or in a bowl and set it aside.

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Place the brown sugar, paprika, salt, cinnamon, fennel seed, granulated onion and garlic, caraway seed, ginger, pepper, and cloves in a small bowl and mix with your fingers, breaking up any lumps in the brown sugar.

Prepare the ribs: Place a rack of ribs meat side down on a baking sheet. Remove the thin, papery membrane from the back of the rack by inserting a slender implement, such as a butter knife or the tip of a meat thermometer, under it. The best place to start is on one of the middle bones. Using a dishcloth, paper towel, or pliers to gain a secure grip, peel off the membrane. Repeat with the remaining rack.

Sprinkle the rub over both sides of the ribs, rubbing it onto the meat. Cover the ribs with plastic wrap and refrigerate them while you set up the grill.

Thread the ribs onto the rotisserie spit: Place a rack of ribs bone side up on a work surface. Using a sharp, slender knife, make starter holes in the center of the meat between every 4th or 5th rib. Twist the knife blade to widen the holes; this will make it easier to insert the spit. Repeat with the remaining rack of ribs. Use an over and under weaving motion to thread the spit through the holes in the racks of ribs.

Set up the grill for spit roasting following the manufacturer's instructions and preheat to high. Place a large drip pan in the center of the grill directly under the spit.

When ready to cook, attach the spit to the rotisserie mechanism, turn on the motor, and cover the grill. After 20 minutes, spray the ribs with the pineapple juice. Cook the ribs until they are golden brown and cooked through, 30 to 45 minutes, spraying with pineapple juice every 10 minutes. When the ribs are done, the meat will have shrunk back from the ends of the bones by about 1/4 inch.

Just before you are ready to remove the ribs from the spit, brush them on both sides with the Ginger-Pineapple-Rum Barbecue Sauce. Let them continue to turn on the spit until the sauce is sizzling, about 2 to 3 minutes.

Transfer the spit with the ribs to a cutting board. Carefully remove the skewer, then let the ribs rest for a few minutes. Serve the racks, whole or cut into individual ribs, with the remaining Ginger-Pineapple-Rum Barbecue

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Sauce.

Ginger-Pineapple-Rum Barbecue Sauce

2 cups diced ripe pineapple
1 cup ginger marmalade
2 tablespoons kecap manis (sweet soy sauce) or Thai chile sauce, or
more to taste
1/2 cup dark rum
Coarse salt (kosher or sea) and freshly ground black pepper

Puree the pineapple in a food processor or blender. Pour it into a heavy nonreactive saucepan and bring to a boil over medium heat. Add the ginger marmalade and kecap manis. Let simmer until the marmalade melts, whisking to blend.

Increase the heat to high and whisk in the rum. Let the sauce boil until thick and richly flavored, 3 to 5 minutes. Taste the sauce for seasoning, adding more kecap manis as necessary and salt and pepper to taste (you may not need much salt on account of the soy sauce). Let the sauce cool to room temperature before serving. It can be refrigerated, covered, for several weeks. Let the sauce return to room temperature before using.

SPIT-ROASTED PRIME RIB WITH HERBS

Source: Raichlen's Indoor Grilling (Workman, 2004)

Method: Spit-roasting and indirect grilling

Serves: 4 to 6

For the herb paste:

4 cloves garlic, coarsely chopped
1/3 packed cup mixed fresh herbs, stemmed and coarsely chopped
1 tablespoon coarse salt (kosher or sea)
1 tablespoon cracked black peppercorns
2 teaspoons finely grated fresh lemon zest
About 2 tablespoons extra-virgin olive oil

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1 prime rib beef roast (2 ribs; 4 to 4-1/2 pounds)

Make the herb paste. Place the garlic, herbs, salt, peppercorns, and lemon zest in a mortar, and using the pestle, pound them to a coarse paste. Gradually work in the olive oil and pound to a smooth paste. Alternatively, place the garlic, herbs, salt, peppercorns, and lemon zest in a food processor and finely chop. Add enough olive oil to process to a smooth paste, scraping down the side of the bowl with a rubber spatula.

Using the tip of a paring knife, make small slits on all sides of the roast, about 1/2 inch deep and 1-1/2 inches apart. Using the tip of your index finger, widen the wholes. Place a tiny spoonful of herb paste in each hole, forcing it in with your finger; this will use up about half of the herb paste. Spread the remaining herb paste over the roast on all sides. You can cook the roast right away, but it will have even more flavor if you let it marinate in the refrigerator, covered, for 1 to 2 hours.

When ready to cook, place the drip pan in the bottom of the rotisserie. Skewer the roast by inserting the spit between the ribs. Tighten the prongs. Attach the spit to the rotisserie and turn on the motor. If your rotisserie has a temperature control, set it to 400 degrees. If using a grill, preheat it to medium high.

Cook the roast until it is darkly browned on all sides and cooked to taste, 1-1/4 to 1-1/2 hours for medium-rare (145 degrees F). Use an instant-read meat thermometer to test for doneness; don't let the thermometer touch the spit or a bone.

Transfer the roast to a platter or cutting board, remove the spit, and let the meat rest for about 10 minutes. Reserve the drippings for the sauce. To carve, cut the meat off the ribs, running your knife along the inside of the bones. Cut the two ribs apart. Thinly slice the roast crosswise and serve.

SPIT-ROASTED PEKING DUCK WITH GARLIC AND GINGER AND HOISIN BARBECUE SAUCE

**Source: Adapted from The Barbecue Bible by Steven Raichlen
(Workman Publishing, 2008)**

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Method: Spit-roasting/roisserie

Serves: 2 as an entrée

Advance Preparation: None

For the duck:

1 duck (4-1/2 to 5 pounds), thawed if frozen
2 cloves garlic, quartered lengthwise
2 slices (each 1/4-inch thick) fresh ginger, cut into 1/4-inch slivers
Salt and freshly ground black pepper, to taste

For the basting mixture/sauce:

2/3 cup hoisin sauce
1/4 cup rice wine, sake, or dry sherry, or more if needed
2 tablespoons honey
2 cloves garlic, minced
2 teaspoons grated fresh ginger

For serving:

Cucumbers, slivered
Flour tortillas

You'll also need:

Butcher's string for trussing the bird.

Remove and discard the fat just inside the body cavities of the duck. Remove the package of giblets and set aside for another use. Rinse the duck inside and out under cold running water, then drain and blot dry, inside and out, with paper towels.

Place the duck on its breast so the back side is up. Using the tip of a sharp, slender knife, make 1 slit in the fatty part of the duck under each wing and 1 slit in the underside of each thigh. Insert a sliver of garlic and a slice of ginger into each slit, then place the remaining garlic and ginger in the body cavity. Prick the duck skin all over with a fork, being careful not to pierce the meat; then season the duck, inside and out, very generously with salt and pepper.

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Tightly truss the bird with butcher's string.

Make the basting mixture/sauce: Combine the hoisin sauce, rice wine, honey, garlic, and ginger in a bowl and whisk to mix. Add rice wine as needed to thin the sauce to basting consistency. Set aside about 1/2 cup to use for serving.

Set up the grill for rotisserie cooking. If using charcoal, light 50 to 60 coals and let them burn down until glowing red and covered with a thin coat of ash. Rake one row of coals just in front of the place the duck will be turning and one row just behind it. Place a drip pan between the rows of coals directly under the grate beneath the place where the duck will be roasting. If using a gas grill, turn the front and rear burners on high and leave the middle burner off. Put the drip pan in the center.

Place the duck on the spit according to the manufacturer's directions, then insert the spit into the motor. Turn the rotisserie on. Cover the grill and cook for 1-1/4 to 1-1/2 hours, or until the skin is mahogany brown and crackling crisp and the meat is well done and tender, another 30 to 60 minutes. Start basting with the basting mixture/sauce the last 30 minutes. An instant-read thermometer inserted in the thigh, not touching the bone, should register 170 degrees F. If using a charcoal grill, add 10 to 12 fresh prelighted coals per side after each hour of cooking.

Carefully remove the duck from the spit. Transfer to a platter and let rest for 5 minutes before carving. To eat, put duck meat in flour tortillas and top with cucumbers and hoisin sauce.