

HOW TO COOK IN A VERTISSERIE



Jun 27, 2011 | By [Tara Carson](#)

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Photo Credit

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A vertisserie is a vertical rotisserie oven that cooks meat on a rotating spit. The lamb carved off of the skewer and heated with lamps you see at for gyros at Greek festivals and restaurants is cooked using a vertisserie; vertisseries are also available for home use. The skewering or trussing of the meat is easier on a vertisserie than with a horizontal rotisserie, which also presents the danger of the meat falling off. The vertical skewer allows the meat to rest on the base, which keeps it secure. A vertical rotisserie also saves counter space. As the meat rotates and cooks, it browns the outside and cooks the inside evenly and does not require vigilant monitoring or special accommodations for unevenly cooked meat.

Step 1

Season the meat with salt and allow it to stand at room temperature for half an hour; this helps the flavor to absorb and the juices to distribute.

Step 2

Pierce the center of one end of a roast with the vertisserie skewer and push the skewer through until it exits through the center of the opposite end. Place the end of the meat with more fat in the top position to allow the juices to move downward as it cooks. You can also place poultry in the rack or push individual skewers through meat cubes and chopped vegetables.

Step 3

Place a meat thermometer into the thickest section of the meat if your vertisserie will allow the meat to rotate freely with a thermometer sticking out.

Step 4

Adjust the temperature setting based on your vertisserie's operating instructions and cook your chosen meat until done.

Things You'll Need

- Meat
- Salt
- Meat thermometer

References

- [DVO.com: Franklin Rotisserie Plus](#)
- "The New Food Lover's Companion"; Sharon Tyler Herbst and Ron Herbst; 2007
Article reviewed by Will McCahill Last updated on: Jun 27, 2011