

M12 MANUAL: SPIT ROASTED BUFFALO

HOW TO BEGIN WITH SPIT ROASTING A BUFFALO



THE FIRST STEP IN THIS PROCESS IS TO BUILD YOUR SPIT. THIS CAN BE DONE QUITE EASILY THROUGH DIGGING A HOLE AND ACQUIRING A 3/4" PIECE OF REBAR. WE RECOMMEND DIGGING A PIT THAT IS 3' WIDE BY 3' DEEP, WHICH MEANS THAT YOUR REBAR NEEDS TO BE AT LEAST 5' LONG TO REACH OVER THE DIAMETER OF THE PIT. AFTER YOUR HOLE HAS BEEN DUG AND CLEANED OUT, YOU CAN SIMPLY SET UP A COUPLE OF JACK STANDS, OR ROCKS, ON EITHER END WHERE THE PIECE OF REBAR CAN BE RESTED ON. YOUR PIECE OF REBAR SHOULD BE GROUND DOWN AT ONE END FOR EASY PIERCING INTO THE ANIMAL. IT IS HELPFUL IF ON THE OTHER END OF THE SPIT BAR YOU BEND THE REBAR INTO THE SHAPE OF A HANDLE FOR EASY TURNING.

FINDING THE BUFFALO



HUNTING YOUR BUFFALO IS BY FAR THE PREFERRED CHOICE FOR ACQUIRING THE MEAT TO SPIT ROAST. THERE ARE A NUMBER OF RANCHES IN THE UNITED STATES WHERE, FOR A FEE, YOU ARE ALLOWED TO CAMP OUT AND HUNT DOWN YOUR BUFFALO TO ROAST. FOR SOME FOLKS, HUNTING THE BUFFALO MAY SEEM A BIT DAUNTING; IN THIS CASE, WE RECOMMEND CONTACTING YOUR LOCAL BUTCHER. FINDING BUFFALO MEAT DEPENDS A BIT ON GEOGRAPHY, THOUGH MOST SUPPLIERS CAN SHIP A HUNK OF BUFFALO TO YOU AT A REASONABLE RATE. THE CLOSER YOU ARE TO BUFFALO RANCHES, HOWEVER, THE CHEAPER THIS PROCESS BECOMES.

THE CUT



THE BEST CUT FOR SPIT ROASTING A BUFFALO IS THE HINDQUARTER. THIS IS THE REAR END OF THE ANIMAL. IF ORDERING YOUR MEAT THROUGH A BUTCHER, YOU MAY WANT TO USE THE TERMS "BONE IN ROUND" OR "STEAMSHIP ROUND." AS ROASTING LARGER ANIMALS IS NOT AS COMMON AS IT ONCE WAS, HAVING A HANDLE ON THE TERMINOLOGY WILL HELP YOU TO NAVIGATE THE BUTCHER, RANCHER, ROASTER RELATIONSHIP.



PREPARING YOUR BUFFALO

ONCE YOU HAVE KILLED AND CLEANED, OR ORDERED YOUR CUT, YOU WILL BE READY TO APPLY A DRY RUB TO THE BUFFALO. THIS RUB IS VERY IMPORTANT, AS IT IS ONE ELEMENT THAT HELPS KEEP MOISTURE IN THE MEAT. WE RECOMMEND A BROWN SUGAR-BASED RUB, WHICH WILL NOT ONLY HELP KEEP THE MEAT JUICY, BUT WILL ALSO ADD A NICE CRISP, CARAMELIZED EXTERIOR LAYER TO THE MEAT. RUBBING THE BUFFALO WITH SPICES IS THE FIRST THING THAT NEEDS TO HAPPEN ON SPIT ROASTING DAY. A SIMPLE RECIPE IS A MIXTURE OF BROWN SUGAR, PAPRIKA, SALT, PEPPER, GARLIC SALT, ONION FLAKES, AND CAYENNE PEPPER. THE RUB SHOULD BE APPLIED TO THE ANIMAL APPROXIMATELY 2 HOURS PRIOR TO MOVING IT TO THE FIRE. WE ALSO RECOMMEND INSERTING SLICES OF BACON INTO YOUR BUFFALO; THIS WILL ALSO HELP THE MEAT REMAIN NICE AND JUICY. SIMPLY MAKE A SERIES OF SMALL SLICES INTO THE ANIMAL AND PUSH THE BACON AS DEEP AS YOU CAN INTO THE MEAT.



STARTING YOUR FIRE

WITH YOUR PIT DUG, AND YOUR BUFFALO RUBBED, YOU ARE NOW READY TO START THE FIRE. THIS SHOULD BE DONE SOON AFTER YOU HAVE FINISHED APPLYING THE DRY RUB TO THE MEAT, AS YOU WANT THE FIRE TO BURN DOWN TO AN EVEN TEMPERATURE BEFORE THE MEAT GOES ON. WE START OUR FIRES WITH WOOD AND THEN ADD CHARCOAL. FOR A 50 TO 60 LB. PIECE OF MEAT YOU WILL NEED APPROXIMATELY 120 LBS. OF CHARCOAL. THIS SHOULD BE SLOWLY ADDED OVER THE COURSE OF A COUPLE HOURS, AND SHOULD REACH AN EVEN 300 DEGREES BEFORE YOU PUT THE MEAT ON. A GOOD WAY TO CHECK THIS TEMPERATURE IS TO PUT YOUR HAND NEAR THE SPIT BAR AND HOLD IT THERE FOR 6-8 SECONDS. IF YOUR HAND BURNS, THE FIRE IS TOO HOT.



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BASTING SAUCE FOR BUFFALO

WE RECOMMEND MIXING A BASTING SAUCE THE NIGHT BEFORE YOUR SPIT ROAST. YOU WILL KEEP THIS SAUCE HANDY DURING THE ENTIRE ROAST AND BASTE THE UPPER SIDE OF THE MEAT APPROXIMATELY EVERY 20 MINUTES. OUR SAUCE CHANGES A LITTLE BIT EVERY YEAR, HOWEVER WE RECENTLY USED THIS RECIPE AND FOUND IT TO BE DELICIOUS. KEEP IN MIND THAT YOU MAY NEED TO DOUBLE, TRIPLE, OR EVEN QUADROUPLE THESE AMOUNTS DEPENDING ON THE SIZE OF YOUR BUFFALO.

- 2 TABLESPOONS OLIVE OIL
- 1 ONION CHOPPED IN FOOD PROCESSOR
- 1 TABLESPOON TOMATO PASTE
- 1 CAN MINCED TOMATOES
- 2 TABLESPOONS WINE VINEGAR
- 1 CUP WHITE WINE VINEGAR
- 2 TABLESPOONS SOFT BROWN SUGAR
- 1 TABLESPOON MUSTARD POWDER
- 2 TABLESPOONS WORCESTERSHIRE SAUCE
- 1 2 CUP OF WATER
- 1 TABLESPOON HOT CHILI SAUCE



MIX OIL AND ONIONS IN A SAUCEPAN AND COOK FOR 5 MINUTES. STIR IN THE TOMATO PASTE AND THEN THROW ALL THE OTHER INGREDIENTS INTO A SAUCEPAN, WARM OVER A LOW HEAT AND STIR UNTIL ALL THE SUGAR HAS MELTED. AFTER THE SUGAR HAS MELTED, BRING THE MIXTURE TO THE BOIL AND SIMMER FOR 10 - 15 MINUTES. LET THE MIXTURE SIT OVERNIGHT.



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MOVING THE BUFFALO TO THE SPIT

WHEN YOUR FIRE IS READY TO PUT THE MEAT OVER IT, PUSH THE COALS TO THE SIDES OF THE PIT, AND PUT A LARGE TIN FOIL PAN IN THE MIDDLE. THIS PAN WILL CATCH GREASE AND HELP TO MAINTAIN A CONSTANT TEMPERATURE WITH THE COALS. THE BUFFALO IS STABBED ON EACH END WITH A KNIFE TO CREATE OPENINGS. ONCE THESE ARE IN PLACE, YOU CAN SKEWER THE BUFFALO MEAT ONTO THE REBAR SPIT. WITH THE BUFFALO FIRMLY ON THE SPIT, YOU ARE NOW SET FOR YOUR ROAST.



BUILDING A WIND AND RAIN SHELTER

YOUR SPIT ROAST MAY BE SUSCEPTIBLE TO WIND GUSTS OR RAIN IF YOU ARE COOKING OUT ON THE OPEN PLAINS. THIS WILL INCREASE THE CHANCES OF YOUR FIRE TEMPERATURE BEING INCONSISTENT WHICH WILL EFFECT THE COOKING TIME. WE RECOMMEND BUILDING A SMALL SHELTER OUT OF WHATEVER YOU HAVE AROUND.



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(SHELTER CON'T)

BE CAREFUL IF YOUR MATERIALS ARE FLAMMABLE; DON'T PUT THEM TOO CLOSE TO THE PIT. A SHELTER CAN ALSO AFFECT THE INTENSITY OF THE HEAT, AND YOUR COOKING TIME, SO MAKE SURE YOU MONITOR THIS IF USING A SHELTER.

FOR A 50 LB. BUFFALO YOU WILL NEED TO COOK THE MEAT FOR ABOUT 7-8 HOURS, TURNING THE MEAT 1/4 TURN EVERY 20 MINUTES. THE MEAT SHOULD REACH APPROXIMATELY 140 DEGREES AT ITS THICKEST PART. IF THINNER PARTS OF THE MEAT COOK FASTER, THESE CUTS OF MEAT CAN BE CUT DIRECTLY FROM THE SPIT AND SERVED WHILE THE LARGER PORTIONS CONTINUE TO COOK. THE MEAT WILL BE FULLY DONE WHEN A SLICE IS MADE AND THE JUICES RUN CLEAR.



SERVE
AND
ENJOY!

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