

Spit Roast

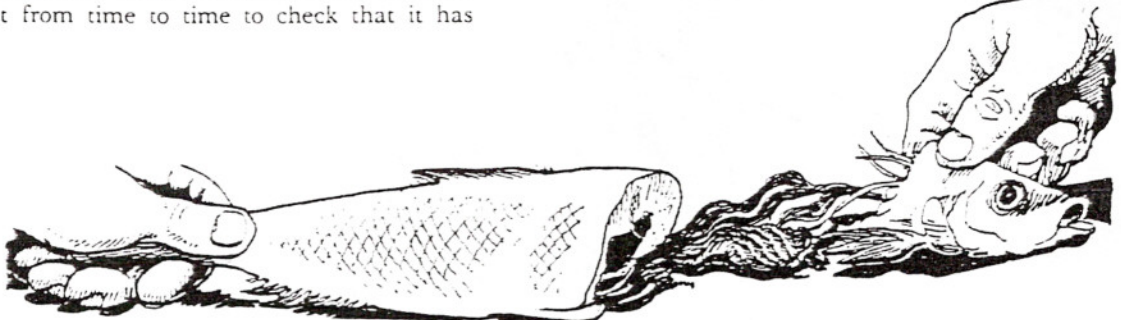
You will need (quantities are for eight servings):

- One 5-lb. turkey or large roasting chicken
- ½ lb. stuffing
- 8 small potatoes
- Chopped herbs
- Oil or butter
- One cup apple juice



Method:

- Wash the bird well, inside and out, removing the giblets.
- Cut off the legs and wings of the bird and place on two layers of foil. Baste with oil or butter and sprinkle a small amount of chopped herbs and some apple juice on the legs and wings and wrap in foil.
- Place the stuffing and the scrubbed potatoes inside the body cavity and baste with oil or butter. Sprinkle herbs on the top and mount the prepared bird on a spit made from a 1-inch diameter length of green stick, over glowing embers. A metal spit will speed up the cooking process.
- Cook for about 1 hour from this point, adding the parcel containing the legs and wings to the fire after 35 minutes. Test the meat from time to time to check that it has cooked.



Preparing Fish

Before you cook freshly caught fish, it is important that you clean and prepare them properly. The following procedure is straightforward and requires only the use of a sharp knife and a clean, firm cutting surface -- plus a bit of courage!

Method:

- Wash the fish thoroughly in clean water.
- Remove the scales by scraping with the back of the knife (that is, not the sharp edge), working from the tail toward the head.
- Cut the spine at the point just behind the gills and tear the head off with a steady, slow, forward motion. If you are careful, the fish's innards will come out with it.
- Slice the belly open from tail to gills and thoroughly clean the inside.
- Finally, cut off the fins and tail and cook as desired