RECURSION METHOD is a programming technique of making a function call itself repeatedly until a certain condition is met (i.e base case). The base case explicitly defines the specific value to return when a certain condition is met.
Infinite recursion happens when the function input is not reduced to converge on the base case.

Recursion method should not be the first option for solving the fibonacci series of a number because;

1. Function calls usually remain in the stack until the base case is reached leading to more space requirements. Imagine solving for a number as large as 10000000000.
2. This delay as explained above also leads to greater time for execution leading to delay or time lag.

Iteration is a better alternative.