

# JENNI MARIE'S TEST KITCHEN

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## Gyro Dinner Night (makes 8-10 servings)



### Equipment Needed:

- Kitchen Scale
- Cutting Board
- Small Mixing Bowl
- Med/Lg. Mixing Bowl
- Parchment Paper
- Baking Sheet
- Cheese Grater
- [8-10 Pita Breads](#)

### Directions:

1). Gather equipment and ingredients. Make the tzatziki sauce by cleaning and then shredding half a cucumber using a cheese grater. Set that aside on some paper towel to let some of the liquid drain off. In a small mixing bowl combine yogurt, mayo, lemon juice, salt, pepper, dried dill, garlic powder (or replacer), sugar, ranch seasoning, and MSG. Stir to combine, and then mix in the shredded cucumber. Cover and put in the fridge while you prepare the rest of the meal.

- **6 oz. (170g.) Plain Greek Yogurt (sub with sour cream)**
- **3 oz. (84g.) Mayonnaise**
- **4 oz. (113g.) Fine Shredded Cucumber**
- **1.5 t. Lemon Juice**
- **1/4 t. Salt**
- **1/4 t. Black Pepper**
- **1/4 t. Dried Dill**
- **1 t. Garlic Replacer (or 1/4 t. garlic powder)**
- **1/4 t. Sugar**
- **1.5 t. HV Ranch Seasoning**
- **1/4 t. MSG (optional)**
- **1 T. Garlic Oil (optional for Low FODMAP)**

2). I use a combination of beef and lamb for my gyros, but you can use whatever type of ground meat you'd like (chicken, pork, beef, lamb). If you want that traditional Greek gyro flavor, lamb is needed in the mixture. To make the gyro meat, combine 2 lbs. ground meat, eggs, chives, yogurt, breadcrumbs, and seasonings in a large mixing bowl. Put on some gloves and mix this up with your hands, similar to making a meatloaf. Cover and place mixture in fridge for about 20 minutes while your oven preheats to 350°F.

- **16 oz. Ground Beef**
- **16oz. Ground Lamb (Aldi's has the best price)**
- **2 Lg. Eggs**
- **2 T. Fresh Chives (sub with fine chopped onion)**
- **1/4 C. (56g.) Plain Greek Yogurt**
- **1/2 C. (60g.) Plain Breadcrumbs**
- **2 T. Garlic Replacer (or 2 t. garlic powder)**
- **1.5 t. Dried Oregano**
- **1.5 t. Ground Cumin**
- **1.5 t. Dried Marjoram (crushed or ground)**
- **1.5 t. Dried Rosemary**
- **1.5 t. Dried Thyme**
- **1.5 t. Paprika**
- **2 t. Kosher Salt**
- **1.5 t. Black Pepper**
- **1.5 t. Lemon Pepper (I use Watkins brand for low FODMAP)**
- **1/2 t. Cayenne Pepper (optional)**

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3). This meat mixture weighs 40oz. I figure 5 oz. of meat per person (less for kids/light eaters).

You'll need five or six 12"x16" pieces of parchment paper for this next step.

Place 8-10oz. of meat mixture into the middle of a parchment sheet. Cover with another sheet of parchment and use a rolling pin (or your hands) to flatten the mixture out as evenly as possible until it's about 1/8" thick all around. It doesn't matter if some areas are a little thicker, so don't worry about that. Remove the top piece of parchment and then roll the parchment with flattened meat up into a log. Repeat this process until all your meat is in parchment logs.

When all your meat rolls are done, place them on a foil lined baking sheet and into the preheated oven for 12-15 minutes, flipping the rolls over halfway through baking time. Remove meat from the oven after 15 minutes and unroll them onto the foil lined baking sheet. Use your hands or a knife to tear the meat up into smaller pieces. I like to make sure I get all my meat coated in the cooking juices. Portion onto [warm pita bread](#) and top with tzatziki sauce and any additional toppings that you like. Some common toppings are:

- **Shredded Lettuce**
- **Diced Tomato**
- **Thinly Sliced Onion**
- **Crumbled Feta Cheese**

***\*This is where I portion, vacuum seal, and freeze the meat that I don't need for tonight. The cooked meat can be reheated in a skillet with a little oil and served for easy dinner another night. The tzatziki can also be frozen and used another night. It might be a little watery when it's thawed, but a dollop of yogurt and a vigorous whisk will bring it right back to life.***