

# Gyro Sandwich

Using creative home cooking to simulate the big rotisserie "meat tornado" you'd see at a Greek sandwich shop

A "Gyro" is meat cooked on a vertical rotisserie, then sliced and served in pita bread, along with veggies and tzatziki sauce. The traditional dish is made with beef and lamb. Mine is heavily modified to use ground turkey breast, baked in an oven.

## Ingredients:

### Tzatziki Sauce:

- 1 batch of my Tzatziki Sauce, recipe on pg. 17

### Doner Kebab "Gyro" Meat:

- 1 prepared, raw batch of my Gyro meat mix, recipe on pg. 25

### Additional Ingredients:

- 1 red onion, halved and thin sliced
- 1-2 tomatoes, sliced into thin rounds, then sliced in half
- Lettuce, any variety (I used "Green Leaf" lettuce in mine)

### Additional Equipment:

- Aluminum foil
- 2 long skewers
- (1) standard 'bread loaf' pan
- 4 pitas or wraps, any brand you want. I used "Joseph's" pitas

## Directions:



- 1 (A) Prepare the Gyro mix and let the meat rest as directed. (B) Spray a 2ft length of Foil with cooking spray. Wet your hands and form the meat into a 'log' shape on the foil.

## Servings Info.:

Yields: 4 sandwiches

Servings: 4

Serving Size: 1 sandwich



- last checked 01/19/24 -  
Listed Points DO NOT INCLUDE BREAD! Use whatever brand buns you want, then add my points.

## Directions:



- 2 Preheat oven to 350 degrees. (A) Roll the meat up in the foil and twist the edges closed, like a giant, meaty tootsie roll. (B) Stick 2 long skewers through the meat, protruding out both sides. Place the 'log' over a bread loaf pan, suspended in the air by the protruding ends of the skewers. (C) When the oven's at 350, place the meat into the oven and bake for 1 hour and 10 minutes. (D) Remove meat from the oven and turn the heat UP to 450 degrees. Quickly, but carefully, remove all foil from around the meat, then place it back into the oven for 5 minutes. Then, flip it over and bake for 5 more minutes.





3 (A) Let the meat rest for 15 minutes. Then, remove the 2 skewers and reinsert one down the center of the 'log', so it's balanced. Place a damp, folded up paper towel in the middle of a large plate, then hold the meat up vertically, standing it up with the tip on the paper towel, so it won't slip. (B) Use a sharp knife and slice down the edge of the the meat, slicing it VERY thin... almost like it's meat-paper. Continue slicing till all of the meat is cut. (C) Place a good spoonful of tzatziki sauce on a warm pita. Then, heat up some of the meat in a hot pan, sprayed with cooking spray, for 2-3 minutes, letting it get a little crispy. Add a splash of beef broth to the hot pan, to help keep the meat moist and juicy (it IS thin sliced turkey breast after all!!). (D) Arrange some of the sliced tomatoes, red onions and lettuce onto the pita, over the tzatziki sauce. Place a mound of the warmed Gyro meat in the center of the pita, then fold it up like a big fluffy Greek taco. OPA!

## NOTES & SUGGESTIONS:

- **STICKY MEAT MIX:** This meat mix is very wet/sticky at first. In order to easily mix it, I highly recommend either having a bowl of water nearby to dip your hands in, or running water from your sink faucet over your hand, while mixing it. It sounds ridiculous, but it is a great trick. When mixing meat and it starts sticking to your hands, just getting your hands wet will not only add extra moisture into the meat, but it will make it MUCH easier to handle and shape.
- **LET IT REST:** Let the meat mixture rest in the fridge for at least 30 minutes. The longer it rests in the fridge, the more the mixture will 'firm up' and be easier to shape in step 1B. Again... wet your hands when you shape it.
- **SKEWERS:** The whole reason behind suspending the meat on skewers over the baking dish is so that we can try to emulate the rotisserie log o' meat that you see standing vertically at kebab restaurants. MOST all homemade 'gyro' recipes I found, had you make a meat mixture, then bake it in a pan like meatloaf. No! We want metal skewers to hold it up, that will reach past both ends of the meat, so we can suspend it in the air over a pan. This is ground turkey breast. If we have it baking against a pan's surface for 85 minutes, the meat will resemble a charcoal briquet.
- **REMOVING THE FOIL:** At step 2D, you don't have to pull out the skewers to remove the foil. Plop the big ol' meat log onto a cutting board and tear the foil off from AROUND the skewers and the meat. Easy peasy.
- **REHEATING:** You can freeze any leftover sliced meat, for later use. How do I reheat it? Heat a pan till droplets of water sizzle on it, then hit it with cooking spray and add the meat. Let it heat for a minute or two, then add in a splash of beef broth (or water) and toss/swirl the meat in the pan till the liquid evaporates. Done.
- **VIDEO!:** Scan this QR code to open a video, where I show you how to mix, wrap and bake the Gyro.

