

Homemade Gyro Meat

October 20th, 2021

This recipe serves: 6

Prep Time: 00:30

Cook Time: 02:30

Gyro (pronounced /yee-ro/) is a traditional Mediterranean dish made with a Beef/Lamb mixture. Due to the high cost of Lamb, pork can be used as a good substitute. The meat is traditionally put on a large vertical rotisserie and cooked over a flame. This recipe provides a simple process to re-create tasty Gyro meat without the expensive and time consuming equipment. For a Keto version of this recipe, just leave out the Pita Bread.

Ingredients:

- 2 pounds Ground Beef (80% lean)
- 1 pound Ground Lamb (or Ground Pork)
- 1 Medium Red Onion, finely chopped
- 2 Teaspoons Garlic Powder
- 1 Teaspoon Table Salt
- 2 Teaspoons Dried Rosemary
- 1 Teaspoon Dried Oregano

Directions:

In a large stand mixer, add the Ground Meat.

In a small bowl, mix the Garlic Powder, Salt, Rosemary, and Oregano and blend well.
Sprinkle the mixed Herbs across the Ground Meat.

Use the paddle attachment and run on low to medium-low speed for about 10 minutes. Occasionally stop the mixer and use a spatula, as needed, to clean the insides of the bowl.

The mixture should become a sticky mess.

Remove the Meat mixture and form it into bricks, each about 2 or 3 inches thick.

Vacuum-seal each brick into a food-safe bag and refrigerate up to 1 week or freeze up to 6 months.

Sous Vide:

Submerge the food-safe bag **at 165°F for 2 hours or 2.5 hours if frozen**.

Conventional Oven:

If frozen, thaw overnight in the refrigerator or until fully thawed.

Remove the Meat brick from the bag and pack tightly into a bread pan. Cover tightly with aluminum foil and bake at 350°F for 1 hour.

Use a meat thermometer to ensure that the internal temperature reaches 165°F to 170°F.

NOTE: This part is essential to creating a tightly packed Gyro Loaf with the right consistency:

Remove the Gyro Meat loaf from the heat and wrap tightly in aluminum foil or plastic wrap. If still in the Sous Vide bag, pack the Gyro Meat loaf (still in the bag) so that it fits tightly into a bread pan or small casserole dish.

Set weights (like heavy pans) on top of the brick to compress it for ~30 minutes while it cools and/or refrigerate overnight.

Remove the pans and plastic wrap. Refrigerate up to 1 Week or freeze up to 3 months.

To serve, slice the brick into long, thin slices. Grill or fry each slice for about 1 minute per side.

Serve with Pita Bread, thinly sliced Red Onions, fresh Tomato slices, Tzatziki sauce, and Garlic Srirachi Sauce.