

Beef Shawarma

March 2nd, 2020

This recipe serves: 6

Prep Time: 24:00

Cook Time: 00:15

Shawarma is a mid-eastern meat based dish that has become a favorite in our home. Shawarma is traditionally made from large cuts of marinated beef, chicken, or lamb. The meat is slow roasted on a vertical rotisserie and then the outer layers are shaved off and served as they finish cooking.

If you don't have a vertical spit handy, this recipe will allow you to prepare shawarma in your own home.

Ingredients:

2-3 lbs Beef Roast, Lamb Roast, Chicken, or Turkey.

Your Marinade of Choice:

Shawarma Marinade

Harissa Marinade

Korean Marinade

Or any other favorite marinade.

Directions:

Slice the meat into long slices (across the grain), about 1/8 inch thick or thinner

Mix the marinade and add to a Sous Vide bag or a 1 gallon-sized Ziptop bag.

Add the meat and thoroughly mix until the meat is fully coated. Refrigerate for 12 hours to 24 hours, depending on the marinade.

Cooking the Meat

There are a few options for cooking the meat:

Conventional Oven

Lay a sheet of aluminum foil across a large Cookie Sheet or Jelly Roll Pan.

Lay a wire rack in the Cookie Sheet. Cover the wire rack with a single layer of meat.

Slide into the oven on the second highest rack position.

Set the Broiler on High.

Broil for about 3 to 5 minutes, or until the meat is done to your preference.

Convection Oven

Don't use a Convection Oven for Shawarma.

A Convection Oven is ideal for making Beef Jerky, but will not produce a good Shawarma. A great Beef Jerky recipe can be found here: Beef Jerky.

Panini Press

1. Heat the Press to highest heat setting

2. Cover the bottom of the grill with a single layer of meat. Close the lid. Use a container to catch any juices that may drain out the front.

3. Cook for about 10 minutes or until meat is cooked all the way through.

4. After removing the meat, close the lid and allow the Panini Press to re-heat to the highest temperature again before adding the next batch.

Stovetop

1. Heat the pan to medium-high or high heat

2. Add a small amount of oil. Use an oil with a high smoke point

3. Add meat to the pan, paying careful attention that you do not overcrowd the pan

4. Turn the meat when the bottom is done

5. Remove from the pan when finished. Drain off any residual juices and add more oil, if needed, for the next batch.

Sous Vide

1. **Sous Vide at 131° F for 2 hours (add 15 minutes if frozen).**
2. Remove from the bag and discard the Au Jus.

Serve Shawarma with:

Persian Rice or Basmati Rice

Tzatziki

Mama Ghanoush

Turkish Bread or Pita bread

and oven roasted vegetables.