

# *Cooking Thyme with Stacie*

SHARING THE JOY OF



COOKING & HOSPITALITY

Gyro Dinner in an Hour

2.11.2022

5 pm EST

- Menu -

Lamb Meatball Gyro Sandwich on Pita

Baked Sweet Potato Fries

Homemade Hummus

Tzatziki Sauce

To watch the class video please copy and paste the following link into your browser:

[www.cookingthymewithstacie.com/video-class-purchase/gyro22%2F](http://www.cookingthymewithstacie.com/video-class-purchase/gyro22%2F)

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## Shopping List (This serves 4)

### Dairy

- 1 egg
- Feta cheese (this is to garnish the gyro – I prefer the block and crumble it myself!)
- 8 ounces Greek yogurt

### Pantry

- ¼ cup seasoned Panko bread crumbs
- 1 TSP Dijon mustard
- Cooking spray
- ¼ cup plus 2 TB olive oil
- 2 cups garbanzo beans (1, 15 ounce can)

### Produce

- ¼ cup onion, minced fine
- 5 cloves of garlic
- 2 English cucumbers
- 3 tomatoes
- Lettuce (I prefer butter lettuce or baby salad greens)
- 2 large sweet potatoes
- 1 lemon

### Protein

- 1 lb ground lamb (or lean ground beef)

### Spices

- Kosher salt and pepper
- 1 TSP cinnamon
- 2 TSP cumin
- 1 TSP Kosher salt
- 1 TSP smoked paprika
- ½ TSP dill

### Specialty

- Pita bread (I prefer the ones with no pocket for this recipe)

## Equipment List

### Baking

- 2 Large baking sheets

### Electric

- Blender (can use a food processor)

### Utensils

- Box grater
- Chef's knife
- Cutting board
- Measuring cups and spoons
- Mixing bowls
- Sieve
- Paper towels

## Mis en Place

### The French culinary term for “everything in its place”

In order to have a smooth cooking experience, I recommend that you retrieve all the equipment you will need for the class before we begin. *In addition, if you have time, group your ingredients by recipe.* Most chefs place their components on sheet pans – this is ideal if you have the room.

Measuring things in advance is optional, but I find if I measure things in advance I am less likely to get lost... such as “did I put in the baking powder?”

- Clean and scrub the sweet potatoes
- Peel, deseed and grate 1 cucumber and let drain in a fine mesh sieve
- Drain and rinse the garbanzo beans

## Lamb Meatball Gyro Sandwiches

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Makes about 18 meatballs

For the Meatballs:

1 pound ground lamb (con substitute lean ground beef if desired)

1 TSP cinnamon

1 TSP cumin

1 TSP Kosher salt

1 egg, beaten

¼ cup seasoned Panko bread crumbs

¼ cup onion, minced fine

1 TSP Dijon mustard

2 cloves of garlic, minced

Cooking oil spray

To garnish:

Pita bread

Cucumber ribbons (I use a vegetable peeler to make the ribbons)

Sliced tomatoes

Crumbled feta cheese

Lettuce

Hummus

Preheat oven to 400° F.

Spray a large sheet pan with cooking spray.

Combine all the ingredients in a large bowl. Mix well to combine. Roll into 1 ½” balls. Place on the sprayed baking sheet. Spray the meatballs to lightly coat with additional cooking spray.

Bake 12 -15 minutes until cooked through. The best temperature for lamb is 145° F. Check with a meat thermometer to be most accurate.

To serve: spread hummus on a whole grain pita, add 3 meatballs (I prefer to press them down a bit) top with ribbons of cucumber, sliced tomatoes, lettuce, and crumbled feta cheese. Roll up and enjoy!

## Sweet Potato Fries

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Serves 4

2 large sweet potatoes, washed and scrubbed  
1 TSP smoked paprika  
¾ TSP Kosher salt  
¼ TSP black pepper  
2 TB olive oil

Preheat oven to 400 ° F. Place large baking sheet in oven while the oven preheats.

Cut off the ends of the potatoes and discard. Then cut the sweet potatoes into thin slices and then into matchsticks about ¼' in diameter the length of the potato. Place in a large bowl.

Add the smoked paprika, salt, pepper and oil. Toss thoroughly.

Carefully remove the hot sheet pan from the oven and spread the coated sweet potatoes in a single layer. Bake about 15 minutes, remove the pan and flip the potato fries. Place back in the oven. Continue to bake until lightly brown and crisped. About another 15 – 20 minutes.

Remove from the oven and taste to adjust seasoning. I like to serve these with Tzatziki Sauce for dipping!

## Hummus

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Makes 2 cups

2 cups garbanzo beans, drained  
2 TB warm water  
¼ cup olive oil  
Juice of 1 lemon  
1-2 cloves of garlic, minced  
½ TSP Kosher salt  
1 TSP ground cumin  
Freshly ground pepper to taste  
Pine nuts for garnish  
Dash of paprika for garnish

First, I remove the skins from the garbanzo beans to have a smoother texture. Squeeze them off by placing the bean between your thumb and finger and gently squeezing to remove the outer skin. (You can skip this step if you desire. I have a Vitamix. It is so powerful; I do not need to remove the skins to get a very smooth texture.)

In a blender or food processor, combine the beans, warm water, olive oil and lemon juice. Pulse until smooth. Add the garlic, salt, cumin and pepper until well combined. Place in a small container and chill until ready to serve.

To serve spread evenly on a plate and drizzle with olive oil and sprinkle with pine nuts if desired.

## Tzatziki

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1 English cucumber, peeled and deseeded  
8 ounces Greek yogurt  
1 clove garlic, minced  
½ tsp dill  
½ tsp salt

Grate the cucumber and place in a fine mesh sieve over a bowl. Press the solids to extract most of the liquid. Remove and place on paper towels and squeeze out any remaining juices.

Combine the dried cucumber and the rest of the ingredients in a medium bowl. Cover and refrigerate until ready to serve. Can store up to 2 days.