

Chicken Gyros

This recipe makes 1 tray of Gyros for the Medium Freeze Dryer *

[Live Life Simple: Freeze Dried Gyros -- Chicken, Tofu, Tzatziki, Pita Bread](#)

Ingredients:

<p>4 lbs. Chicken cubed</p> <p><u>For the marinade:</u> 4 tbsp Veggie Broth 4 tbsp Lemon Juice 4 tsp Smoked Paprika 4 tsp Cumin 4 cloves Garlic 2 tsp Turmeric 2 tsp ground Coriander 2 tsp Salt 1/2 tsp Pepper 1/2 tsp Onion Powder 1/2 tsp Cinnamon 1/4 tsp Red Pepper</p>	<p><u>For optional garnish:</u> diced Onion diced English Cucumber diced Tomatoes</p>
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Directions:

1. Trim noticeable fat from chicken and cube into small cubes
2. Mix all ingredients for marinade
3. Add chicken to marinade and mix thoroughly
4. At this point you can use a vacuum chamber sealer to inject marinade or you can place in refrigerator for 4-6 hours
 *if using a vac sealer, add 1/4-1/2 Cup water and mix (see video)
5. Cook marinated chicken until done in a splash of veggie broth
6. You can also add the optional garnishes, Pita bread or tzatziki sauce (recipe can be found in the cookbook) to a separate freeze dryer tray
7. Add chicken to a parchment paper lined tray and freeze dry
8. Pre Freeze when possible
9. Freeze Dry
10. Store Appropriately. (See Tips and Tricks for storage help)

<p>Cycle Time: My Cycle time was Apprx. 30 hours w/ no pre freeze in a medium freeze dryer</p>	<p>Rehydration: Chicken can be difficult to rehydrate. Allow 4-5+ minutes. Garnishes can be rehydrated, used as a topper in freeze dried form or added to tzatziki sauce. For Pita bread, place in zipper bag or container with a wet</p>
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Cycle times & rehydration for reference only

* Large Tray = 8 Cups/tray Medium = 6 Cups/Tray Small = 4 Cups/Tray