

# Gyro Meat-Chicken

*This recipe makes about 6 cups*



## Ingredients

**4 lbs** chicken breast

### for the marinade:

**4 tsp** veggie broth

**4 tsp** 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

## Directions:

1. Remove any visible fat from the chicken and cut it into small cubes.
2. Combine all the marinade ingredients in a bowl.
3. Add the chicken to the marinade, ensuring it's well coated. Refrigerate for 4-6 hours. For deeper flavor infusion, use a vacuum chamber sealer (*If using a vacuum sealer, add 1/4 to 1/2 cup of water and mix.*)
4. Cook the marinated chicken in a splash of vegetable broth until fully cooked.
5. Add parchment paper to your trays
6. Spread the chicken evenly on your trays
7. Pre Freeze when possible
8. Freeze dry (my cycle time was 30 hours)
9. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Add 2 cups of freeze-dried chicken to a bowl with  $\frac{3}{4}$  cup of warm water. Cover and let it sit for about 5-10 minutes. This is about 4 servings. Enjoy

**Notes:** See our Tzatziki recipe. You can freeze dry pitas and rehydrate them with a wet paper towel in a ziplock bag or cut them in triangles and use them as chips to scoop your chicken gyro meat. For a camping meal add freeze-dried chicken, freeze-dried tomatoes, freeze-dried onions and some freeze-dried tzatziki sauce to a bag. Rehydrate in the mylar bag and add to a pita or eat right out of the bag.

## Nutritional Value Per $\frac{1}{2}$ cup pre-freeze-dried gyro chicken

Calories: 181 Carbohydrates 2 g Protein 34 g Fat 4 g Fiber 0 g Sugar 0 g