

Lamb Tenderloin Gyros

<http://wp.me/pWGRR-1e2>



*2 lamb tenderloins (about 1 lb)
1/4 medium onion
1 clove garlic
1 tbsp olive oil
1/2 tbsp water
1 tsp each dried marjoram and mint
1/4 tsp grated lemon rind
1/2 tsp sea salt
1/4 tsp black pepper*

Serves two

Slice the lamb into 1" chunks that are the width of the tenderloin. Blend your remaining ingredients, then place them in a ziploc bag with the sliced tenderloin, and marinate for at least two hours in the fridge (four is ideal).

Skewer the meat with two skewers, be sure not to overcrowd your skewer – you want a good distance between your pieces of lamb so they cook thoroughly. Grill over direct heat, on high, until medium-done, about three minutes per side. Serve with chopped tomatoes, cucumber slices, and my homemade tzatziki if you're dairy-inclined.

Homemade Tzatziki

2 cups of greek or plain yogurt, strained
1 medium cucumber, peeled, seeded and chopped
1/2 tsp kosher salt
4 cloves garlic, minced
1 tbsp olive oil
4 fresh mint leaves, chopped
1 tsp fresh dill, chopped
1 tbsp lemon juice

One of the most important steps in getting the right consistency is to strain the yogurt. To do so, spoon the yogurt into a colander that's lined with a cheese cloth. Place a bowl under the colander and put it in the fridge for two hours.

Peel and cut the cucumber in half length-wise, and remove the seeds with a spoon. Cut the cucumber into chunks and put it into a colander; sprinkle it with the kosher salt and let it sit for 30 minutes. After 30 minutes, put the cucumber pieces in a cheese cloth and squeeze out most of the remaining liquid.

In a blender, add all of the ingredients minus the yogurt and blend. You don't want to blend it too long, because you want a little chunkiness! Mix it in with the yogurt and refrigerate for another 30 minutes before serving to let the flavors mix.