

COOKING CUISINE

06 July 2022

Gyro-Style Grilled Fish in Pita Bread with Tzatziki

Serves 4

Equipment

- Cast iron pan or frying pan
- Bowls
- Chopping board, knife, grater

Ingredients

- 1 ½ tsp dried oregano
- 1 tsp ground coriander
- ½ cup of fresh cilantro (coriander leaves chopped)
- ½ garlic clove or ½ tsp garlic powder
- ½ tsp sumac
- Salt & pepper for seasoning
- 4 Cod fillets (or other white fish or salmon)
- 2tbsp olive Extra virgin olive oil

- For the lemon sauce:
 - 1 large lemon, juiced
 - 1 lemon cut into wedges
 - 2 garlic cloves, minced or chopped
 - 8-10 (Greek) Basil leaves
 - 1/3 cup olive oil

- For the Salad
 - 2 medium tomatoes chopped
 - ½ cucumber chopped
 - ½ cup parsley or cilantro (fresh coriander)

- For the Tzatziki
 - ½ English cucumber, and chopped or grated (peel first if preferred)
 - 1-3 garlic cloves
 - 1 tesp apple cider vinegar
 - 1tbsp olive oil
 - 1.5 cups Greek Yoghurt (200gr)
 - 1tbsp ried or ½ tbs fresh dill
 - Salt & white pepper for seasoning



- For serving
- 4 pita breads

Optional: Pitted kalamari or marinated olives and chili peppers Greek style.

Tzatziki and/or chili sauce for serving

Directions

Prepping the fish

1. Pat the fish fillets dry and season well on both sides with salt & pepper.
2. Rub the spices and garlic over the fish carefully and set aside in a cool place or place back in the fridge to infuse for a few minutes.

Prepare the Lemon & Basil Sauce:

3. by adding the juice of 1 lemon, 1 crushed garlic clove, 1/3 cup of extra virgin olive oil with a handful of basil leaves, salt and pepper to a bowl or jam jar, and mix through thoroughly.

Prepare the Tzatziki

4. Put the grated cucumbers in a colander or cheese cloth.
5. Sprinkle with a little salt and squeeze out the excess liquid
6. Add the olive oil, vinegar garlic and some salt to a large mixing bowl and combine the ingredients
7. Add the grated cucumber to the bowl and stir in the yoghurt. Add the herbs, salt & pepper for seasoning and stir through to combine everything
8. Cover and refrigerate to cool (Keeps covered in the fridge for up to 5 days)
9. Stir through before serving and top with a little lemon juice and olive oil (optional)

Prepare the salad

10. Add chopped Tomato and Cucumber to a bowl, add the herbs and season with salt & pepper.

Grilling the Fish

11. Coat the bottom of a large cast iron pan or frying pan with a little olive oil.
12. Warm the oil over medium heat (make sure no smoke develops, as the oil will burn if the heat is too high)
13. Add the fish fillets for approx. 3 minutes each side until the underside is golden and crispy. Try to disturb the fish as little as possible in this process.
14. Turn the fillets over with a spatula and grill for a further 3-4 minutes.
15. Once the fillets have become opaque and flakes apart easily, the fish is cooked.
16. Drizzle with lemon juice and a good amount of the lemon sauce whilst still in the pan.
17. Serve inside a pita (1 per portion) and top with the salad, tzatziki, olives and marinated chili peppers or add some of each onto plates.

Recipe 2 Title

Serves x

Equipment

-

Ingredients

-

Directions

-

