



A popular snack, originally from Greece, this delicious late-night eat is considered by many Haligonians to be the unofficial food of choice.

Number of servings:

Makes 5 Donairs

Preparation time:

35-40 minutes

Total time:

3 hours, 30 minutes (save 2 hours by purchasing the bread)



Allergy-Friendly
Recipe

East Coast Donair



The
**Allergy-Friendly
Kitchen**

Presented by Food Allergy Canada and Pfizer Canada



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Flatbread		
Measurement	Item	
2 medium	2 medium	Russet potatoes
1 cup	250 mL	Chickpea flour
¾ cup	175 mL	Tapioca flour
1 ½ tsp	8 mL	Xanthan gum
1 tsp	5 mL	Iodized salt
1 tsp	5 mL	Cream of tartar
½ tsp	3 mL	Baking soda
Suggestion: Purchase a wheat-free/gluten-free quinoa flatbread or corn tortillas as an alternate options		

Nutrition information		
Amount	% Daily Value	
Calories 610		
Fat 21 g	32 %	
Saturated 7 g	37 %	
+ Trans 0.5 g		
Cholesterol 110 mg	37 %	
Sodium 1430 mg	60 %	
Carbohydrates 53 g	18 %	
Fibre 8 g	33 %	
Sugars 9 g		
Protein 51 g		
Vitamin A	8 %	
Vitamin C	30 %	
Calcium	8 %	
Iron	45 %	
Very high in niacin, folate, vitamin B12, selenium and zinc. High in thiamine.		

* Note: Read recipes carefully to ensure you are not allergic to any ingredients.
 * Reminder: Read food labels each and every time you buy something. Manufacturers can change their production process and alter their products at any time.

Donair Meat		
Measurement	Item	
2.2 lbs	1 kg	Ground beef, lean
6 tbsp	90 mL	Gluten-free oats
2 tsp	10 mL	Ground sage
1 ½ tbsp	25 mL	Chili powder
2 cloves	2 cloves	Garlic, minced
2 tsp	10 mL	Oregano
1 tsp	5 mL	Cayenne pepper
1 tsp	5 mL	Iodized salt
1 tsp	5 mL	Ground pepper

Sauce		
Measurement	Item	
½ can	170 mL	Chickpeas
2 cloves	2 cloves	Garlic
1 ½ tbsp	25 mL	Lemon Juice
2 tbsp	30 mL	Water
1 tbsp	15 mL	Olive Oil
Pinch	Pinch	Iodized salt
Pinch	Pinch	Ground pepper
To Taste	To Taste	Honey

Topping		
Measurement	Item	
1 cup	250 mL	Cucumber, finely diced
1 cup	250 mL	Tomato, finely diced
½ cup	125 mL	White onion, finely diced
To taste	To taste	Iodized salt
To taste	To taste	Ground pepper

Meat:

- Preheat oven to 300 °F (150 °C)
- In a blender, blend oats until they are fine crumbs - set aside.
- In a medium mixing bowl, mix beef, oats, sage, chili powder, garlic, oregano, cayenne pepper, salt and pepper. Place meat into a stand mixer fitted with a kneading attachment. Knead meat for 20 minutes.
- Once kneaded, shape meat into a log. Ensure the meat is packed nicely and place on a parchment lined baking sheet. Bake in the oven for 1 ½ to 2 hours or until fully cooked and meat has a nice crust.
- Remove from heat and allow cooling completely in the fridge.

Sauce:

- Place all ingredients into a blender and blend until smooth. If too thick, add water 1 tablespoon at a time. If too thin, add 2 rounded tablespoons of chickpeas at a time until desired consistency.
- Place in fridge until ready to serve.

Topping:

- Mix cucumber, tomato, onion, salt and pepper until well combined. Place in fridge until ready to serve.

Flatbread:

- Peel and dice potatoes and place in a medium sized pot. Cover diced potatoes with water and allow to boil. Cook potatoes until they're soft and you can poke through easily with a fork.
- Strain and transfer potatoes into the blender and puree until smooth and slightly gooey.
- Place remaining ingredients into a medium mixing bowl and add one cup of the potato puree. Mix until it forms soft dough. Divide into five balls and cover each in plastic wrap.
- Once ready to prepare, place a non-stick frying pan on medium heat and drizzle pan lightly with canola oil.
- Roll out dough until nice and thin (about ½ to ¼ cm). Place in hot pan and cook for about 60 seconds or until slightly golden, flip and cook for another 30 - 60 seconds. Remove and place in a bowl with a damp towel overtop to keep warm. Repeat with remaining balls of dough.

To Serve:

- Remove meat from fridge and slice thinly. Place meat in the middle of flatbread. Add topping and drizzle with chickpea sauce. Wrap flatbread around the meat and, if desired, wrap bottom in foil to eat.
- For smaller appetites, cut Donairs in halves or fill each flatbread with half the meat. Store leftover meat filling in the fridge for more Donairs the next day.