**On the menu: Doner Kebab**

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| **Ingredients & Equipment**  500g lamb mince  1 small onion, coarsely grated  4 garlic cloves, minced or finely grated  100g fresh breadcrumbs  2 tsp ground cumin  2 tsp ground coriander  1 tsp dried oregano  ¼ tsp smoked paprika  sunflower oil for oiling  To serve  pitta breads, shredded red or white cabbage, sliced onion, chopped tomatoes, pickled chillies, chilli sauce (see recipe below), garlic sauce (see recipe below), tahini | Method  STEP 1  Heat the oven to 200C/180C fan/gas 6. Tip all the ingredients except the oil into a food processor with a large pinch of salt and lots of ground pepper. Pulse until everything is combined and chopped together. You can also just squish everything together in a bowl but this will give you a looser finish.  STEP 2  Oil a large sheet of foil, tip the meat mix in the middle and mould to a very thick sausage, roughly the shape of an aubergine. Roll up the foil tightly, twisting up the ends to create a Christmas cracker shape.  STEP 3  Lay on a shallow roasting tin and roast in the oven for 35-40 mins, turning occasionally, or until a digital cooking thermometer reads 75C when pierced in the middle. Leave the kebab to cool a little, then unwrap the foil. Place back on the tray and brown under the grill or with a blowtorch.  STEP 4  Place on a board and carve into thin slices. For full doner mode, you can hold the kebab up with a roasting fork or metal skewer and carve. Serve with warm pitta bread and any of the other accompaniments, including our chilli sauce and garlic yogurt sauce. |
| **\Plan Ahead**  **Preparation:** We’ll be making and cooking a delicious meal together with Chef Gavin.  If it would help the people you support, there are opportunities to prepare some of the more challenging tasks before the session.  **Managing Risk**: We’re frying on the hob. This will mean the possibility of oil spitting so please be careful  By reviewing the method *(see right hand column)* ahead of the session, you can safely plan these activities in advance. |

**Top Tips**

* **Put the people you support in control:** Try to give them as many opportunities as possible to independently lead this activity and enjoy the experience of cooking.

If they struggle with some parts, adapt the activity so they can still help make their meal with your support, guidance, and encouragement.

* **Make every moment matter:** Try and make this session fun and engaging. Celebrate successes by give encouragement. Enjoy the sensory experiences of cooking. Engage them in seeing their raw ingredients transform into a delicious meal.
* **Make this the start of something special:** After they’ve cooked their meal, make eating it a special experience! Hopefully, they can enjoy eating a lovely home-cooked treat. Are there any people they’d like to save some for or to taste it?  
  Try this recipe again soon. The more that you practice, the better their cookery skills will develop. You can watch the session again on our activities site.
* **Promoting Life Skills –** What other life skills can this develop? From this activity, you have an opportunity to explore shopping, budgeting, cleaning, setting a table, hosting a meal and more! Use these cookery sessions as a way to inspire further progress.