

Sunvil Supper Club

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March 2013 - Spanakopitas



Ingredients

400g baby leaf spinach
1 tbsp olive oil
1 large onion, diced
2 spring onions, thinly sliced
200g feta, crumbled
2 tbsp ricotta
Small bunch fresh flat-leaf parsley, chopped
3 tbsp fresh dill, chopped
1 medium egg yolk, lightly beaten
Salt and ground black pepper
1/4 tsp freshly grated nutmeg
7 sheets (32cm x 40cm) filo pastry
2 tbsp butter, melted
Makes about 20

Put the spinach in a large pan with a drizzle of water. Cover and cook until the spinach has just wilted. Drain the water and roughly chop the spinach.

Heat the oil in a pan and gently fry the diced onion and sliced spring onions for 5-10 minutes until softened. Allow the onions to cool slightly, then mix with the feta, ricotta, spinach, herbs and egg yolk. Once combined, season with salt, pepper and nutmeg. Place the mixture in the fridge to cool.

Taking one sheet of pastry at a time, cut each sheet into 3 strips and brush lightly with the melted butter. Place 1 dessertspoon of filling slightly off-centre at one end of each strip and fold over the corner next to the filling to form a triangle. Keep folding the pastry, maintaining the triangle, until you reach the end. Brush with more butter and place on a greased baking sheet. Repeat with the remaining filo sheets and filling.

Bake for approximately 15-20 minutes at 180 degrees until lightly browned.
Serve warm or at room temperature.

This pie is popular all over Greece, appearing in many guises from elegant triangles to huge spirals. They're ideal for al fresco dining, and are just as good cold as picnic food or part of a meze. The best spanakopitas are freshly made in the Greek bakeries or 'Fournos' - and provide the perfect snack to eat in the shade beneath an olive tree. For the rest of us not lucky enough to dwell on a charming Greek Island, we can make these delicious snacks easily wherever we are in the world!