

TASTE OF THE WORLD

INTERNATIONAL
recipes



SPANAKOPITA

YIELD: 40 PASTRIES

Spanakopita, or spinach pie, has been an appetizer in Greek cuisine for a long time. Filled with spinach, feta cheese, onion, egg, and seasonings, this pie is the perfect start to a Greek inspired meal. The flakey exterior is made from Phyllo dough, commonly used in other Greek dishes as well.



INGREDIENTS

3 Tbsp olive oil

1 onion

½ cup green onions (white and green parts)

4 cloves garlic, minced

2 lbs spinach, chopped

½ lemon, juiced

¼ tsp salt

1½ tsp pepper

12 oz crumbled feta

2 eggs, lightly beaten

1 Tbsp coriander, ground

½ tsp nutmeg

½ lb unsalted butter, melted

1 lb phyllo dough, frozen

3 tsp dried oregano

¼ cup chives, finely chopped

DIRECTIONS

1. Heat olive oil in a large skillet and place over medium heat. Saute onions and garlic for 3 minutes until soft.
2. Add the spinach a little bit at a time as it wilts. Season with salt, pepper, and lemon juice once all the spinach has been added to the pan. Once all the spinach has wilted, remove from heat and place in a colander to cool.
3. Squeeze out excess liquid and let cool completely. The filling needs to be cool and dry to prevent the phyllo from becoming soggy.
4. In a medium bowl, beat the eggs with feta, coriander, and nutmeg. Then fold in the cooled spinach mixture until well blended.
5. Preheat the oven to 350° F. Brush two baking sheets with some melted butter (or lay down wax paper). Unroll the phyllo dough carefully and lay a sheet flat on a work surface. Take care to keep the phyllo covered with a damp, not wet, towel as you work to prevent drying out and becoming brittle.
6. Brush the sheet with melted butter, then sprinkle evenly with some oregano and chives. Repeat with two more sheets of filo, stacking on top of each other. With a sharp knife or pizza cutter, cut the sheets lengthwise into thirds to form 2 ½ inch strips. Do this with all the sheets of dough.
7. Place a heaping teaspoon of filling near 1 corner of the layered phyllo strip. Fold the end at an angle over the filling to form a triangle. Continue to fold the triangle along the strip until you reach the end, like folding up a flag. Repeat until all the filling and phyllo strips are used up. Roll the balls in the various bowls of toppings and place them on a parchment paper-covered baking sheet.
8. Bake for 20 to 30 minutes until the triangles are crisp and golden (10 to 15 minutes in a convection oven). Serve hot, warm, or cold.