 

Spanakopitakia – Spinach & Cheese Pastry Triangles

(recipe by Terri)

Ingredients

1 medium onion, finely chopped

1 tablespoon extra virgin olive oil

large bunch of spinach or silverbeet

300g ricotta &150g feta

3 eggs

salt and pepper

36 sheets filo pastry

melted butter

Method

Preheat oven to 180 degrees celcius. Line 3 baking trays with non-stick baking paper. Cook onion in 2 tablespoons oil in a frypan over moderate heat, stirring frequently, until soft and translucent, for at least 5 minutes. Remove from pan into a bowl to cool.

Wash and trim spinach and/or silverbeet, and chop. Wilt in a saucepan over medium heat. The spinach will give up a fair amount of liquid. The silverbeet might take a little longer.

Remove from heat and press with a spoon to extract liquid. Carefully pour liquid out of the pan, then place spinach and silverbeet in a bowl to cool.

Into a large bowl, add the ricotta then use your fingers to crumble in the feta. Lightly beat the eggs with a fork in a separate bowl, then add to the cheeses. Mix together with a wooden spoon and add salt and pepper to taste. (You can also experiment with different traditional herbs, spices and flavours for spanakopita – nutmeg, dill, parsley, oregano, thyme, lemon zest etc, or you might want to add extra zing with chilli or cayenne pepper).

Place filo sheets on a tea-towel on the bench, and cover with another tea-towel. Using one sheet at a time, brush half the sheet lengthways with melted butter. Fold over lengthways, brush half again with melted butter, then fold again, so that you have a strip of four layers. At one end of the strip of folded filo place two teaspoons of the spinach mixture.

Fold the end of the filo pastry over into a triangle shape so that one corner meets the other side. Keep repeating the triangle folding until the length of pastry is folded up into a triangular shaped parcel. Brush the surface with melted butter and place on a baking tray. Repeat until you have 36 triangles. Turn oven fan on. Bake in the oven for approximately 20 minutes or until golden. Serve with green tomato chutney, or tomato relish.