

FOOD FROM OUR HOMELAND

Spanakopita

Recipe supplied by Anastasia Volis

ingredients

1 pkt of filo pastry fresh or frozen (frozen must be removed from freezer 1 hour before cooking session) or make your own
250 grams unsalted butter
1 cup olive oil
(start with 125 grams of butter and 1/2 oil) combine more if needed
Some of oil will be used for sautéing spinach and spring onions
1 bunch of spinach
1 cup crumbled feta
1 cup crumbled ricotta
1 egg
Dash of milk
1/2 teaspoon dried dill or 1 dessert spoon chopped fresh dill
Pinch of dried oregano (can use fresh if have it)
1/2 teaspoon dried parsley (can use fresh if have it)
Salt to taste
Pepper to taste

directions

Preheat oven to 180 degrees Celsius

Step 1

Remove leaves from stems and discard stems, wash spinach and chop coarsely.

Chop spring onions finely.

In a saucepan/frypan, heat a little oil and lightly sauté spinach until soft over a low heat, approximately 5 minutes to wilt spinach, do not brown.

Remove spinach from saucepan/frypan and set aside, allow the moisture to drain away, place in colander or something similar.

Then add spring onions into the saucepan/frypan and sauté until soft, drain as above.

Leave spinach and spring onion to cool, when cool drain all excess liquid by either gently squeezing with the back of a wooden spoon or a with your hands.

In a small bowl add feta cheese, ricotta, dill, oregano, parsley and beaten egg, dash of milk mix well.

Add cooled and drained cooked spinach and spring onion to bowl and mix well. Season well with pepper and add salt to taste.

Step 2

Use a rectangular tray with a high side; make sure the tray is smaller than your filo pastry sheet, as you need some pastry to hang over the sides.

Melt butter and oil. Start with 125 grams of butter and 1/2 cup oil. Make more if needed. Brush the melted butter and oil mixture over the bottom and sides of baking dish.

To prepare filo, Place one sheet of filo on chopping board or bench, Brush with butter and oil mixture, cover with another sheet of pastry, brush with butter oil and mixture, repeat these steps until you have 8 sheets all together, move to baking dish allow pastry to hang over sides of tray, can be trimmed later if necessary.

Step 3

Add spinach, cheese etc. mixture into the base of the pastry lined baking tray and spread evenly over pastry layers.

Step 4

To prepare filo for top of the spanakopita, add two sheets of pastry on top of spinach mixture, brush with butter oil mix, repeat 4 times until you have 10 sheets of pastry in top layer.

Overlap the pastry hanging on the side of the tray with the top layers of pastry you may need to trim the excess pastry if necessary.

Make sure the top sheet of filo is covered well with the oil and butter mix so that is almost wet, this will give it a crunchy golden top colouring.

Step 5

Cook in preheated oven (180 degrees Celsius) for 45-55 minutes or until golden brown.

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