

SPANAKOTIROPITAKIA – SNAIL STYLE

This recipe can make one medium pie, 15 triangles or 1 medium round spiral

Spanakotiropitakia is the name for pastries made with both spinach and cheese like these.

The more common name used for this dish is spanakopita.

Fresh from the garden: silver beet, spring onions, mint, parsley, onions, eggs.

Equipment: Chopping board, knives, 1 small, 1 large, salad spinner, bowls 1 medium 1 large, tea towel, scales, small saucepan, metric measuring spoons, small frying pan, wooden spoon, colander, tablespoon, fork, grater, foil, pastry brush, 2 baking trays, baking paper, and platter.

Ingredients

8 stems of silver beet	1 egg
2 spring onions	100g fetta
10 mint leaves	100g ricotta
6 stalks parsley	50g pecorino or parmesan
60 g butter	1 whole nutmeg
1 small onion	salt and freshly ground black pepper
5 sheets of filo pastry	extra virgin olive oil

What to Do

Preheat the oven to 180 degrees.

1. Set out the chopping board and knives. Separate the silver beet leaves from their stems by slicing along each side of the stem. Rinse the leaves and dry in the salad spinner. Roll the leaves into a loose bunch then shred with a large knife. Slice the stems lengthways into 2 or 3 slices. Put the leaves and stems into the medium bowl.
2. Trim the outside layer from the spring onions and cut off the tops and ends, then slice the rest. Rinse the mint and parsley, dry by rolling in the tea towel and chop. Add the herbs and onions to the silver beet.
3. Melt the butter in the small saucepan and set aside. Peel and chop the onion. Heat the oil in the frying pan over a high heat and gently sauté the onion, stirring with the wooden spoon for 2-3 minutes until well softened. Add the silver beet and herbs, stir to mix well, then cook for 5 minutes or until there is no liquid in the pan. Set the colander in the sink. @@@@ Tip the silver beet and onion into the colander and press with the back of the tablespoon. Leave to drain for 6 minutes.
4. Meanwhile break the egg into the large bowl and mix with the fork. Crumble in the fetta, and ricotta. Grate the pecorino or parmesan and add to the egg bowl, along with the cooled silver beet mixture. Stir then grate in some nutmeg and salt and pepper.
5. Unwrap the packet of filo. Take the damp tea towel used previously to dry the herbs and line it with aluminium foil. The lined tea towel should be rested over the rest of the filo with the foil side touching the pastry sheets, whenever you are not using the pastry.
6. @@@@ Place one sheet of filo on the workbench with the shortest side facing you. Brush with melted butter, place another sheet on top and repeat again so you have 3-4 sheets of filo each piece buttered in between.
6. Place filling lengthwise on the pastry (we are trying to make a thin sausage shape) roll the pastry away from you adding more butter only if the pastry will not stick together, tuck in the ends. Repeat process with remaining pastry and filling. Put any unused pastry in fridge. Line Baking trays with baking paper, spiral the pastry into a circle. Brush with melted butter and bake for 20 minutes or until golden brown. @@ Remove trays from oven, place on platter and serve warm.