

Spanakopita



Yield: 8 serves | **Rating:** 5/5 | **Prep:** 10 min | **Cook:** 50 min | **Source:** #ParlezPantry

Spanakopita is a traditional Greek savory pastry. It is made with filo dough and cut in triangles, or squares and the interior may be filled with cooked spinach and onions.

While different pies have been served in Greece since ancient times, spanakopita is believed to be a more recent invention. It's estimated that the dish originated about 400 years ago in the Epirus area of Northern Greece. It may have been influenced by a Turkish dish known as ispanakli börek.

Ingredients

- 1 lb spinach (frozen, thawed and drained)
- 2 tbsp oil (olive, extra virgin)
- ¼ cup oil (olive, extra virgin, for brushing)
- 1 onion (medium, diced)
- 3 tbsp parsley (fresh, chopped)
- 2 tbsp dill (fresh, chopped)
- ¼ cup mint (fresh, chopped)
- ¼ tsp nutmeg (ground)
- 285 g feta
- 3 egg (beaten)
- ¼ tsp pepper (black)
- 12 pastry (filo sheets, , 14" x 18")



Instructions

1. Preheat your oven to 180C. Wring the spinach to remove as much of the moisture as possible, leave to drain in a colander.
2. Heat 2 tbsp of the oil in a medium sized pan over a medium heat. Once the oil is shimmering, add the onions and sauté until soft, about 6 minutes. Add the spinach and sauté for 2 further minutes, then remove the pan from the heat and empty the mixture into a large bowl. Add the parsley, dill, mint, nutmeg, and sugar. Begin by folding then mix and then set aside to cool.
3. Grate half of the feta using the largest aperture of a grater and then crumble the other half, this way you have two distinct textures. Combine the eggs, feta and pepper. Next, add this to the spinach mixture and stir until the ingredients are thoroughly incorporated.
4. Brush a 10" x 15" pan with olive oil, then place a single sheet of the filo pastry in the pan and brush with the olive oil. Repeat the process with 5 more filo sheets, brushing each sheet with olive oil before layering in the next sheet. Spread the spinach mixture evenly over the bottom base.
5. Make the top crust by covering the spinach mixture with a further 5 to 6 phyllo sheets, brushing each sheet with olive oil and then trimming away any phyllo hanging over the edge of the pan or simply rolling it up into a crust, I always opt for the latter, extra crunch and no wastage.
6. Use a sharp knife to lightly score the top of the pie into 8 equal-sized pieces, Sprinkle the top drops of water.
7. Bake for 35 to 40 minutes or until the filo turns golden brown. Lift one side of the pie to ensure the bottom is completely baked, then remove the pie from the oven and set aside in the pan on a wire rack to cool for 1 hour before cutting into pieces. Store in an airtight container in the fridge for up to 4 days.