

Spanakopita is one of the most famous Greek dishes and is easy to make. Often called Spinach and Cheese pie and a great vegetarian Greek dish this feta cheese pie recipe will be an instant family favourite.

This dish is one of Greece's best known and is a family favourite around the world. It is considered one of Greece's signature dishes and is found all over the country.

In ancient times people were fond of feta cheese pies wrapped in fig leaves and it is believed this may have been the inspiration for the many layers of Filo pastry.

The original pies were likely made with wild greens foraged locally until the arrival of Spinach with the Byzantines from the Middle East .



Yield: 8 pieces

Spanakopita (Cheese and Spinach Pie)

Prep Time: 30 minutes

Cook Time: 1 hour

Total Time: 1 hour 30 minutes

In Greece, many people still make their own Filo pastry from flour, salt, water, and olive oil but there are very good commercially produced packets readily available in supermarkets and that is what is used in this recipe.

It is common to find a whole pie cut up into pieces, small individual wrapped triangular (or rectangle) pies, or a circular pie made up of one long rolled casing. In this recipe, we do the standard whole pie.

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Ingredients

1 kilo chopped spinach
4 sliced leeks
10 Springs Onions sliced
1 bunch finely chopped dill
1/2 cup finely chopped spearmint or mint
1/2 cup olive oil
350 grams crumbled or grated Feta cheese
2 eggs
3 tbsp cooked rice
1 packet filo pastry
salt
pepper
nutmeg

Instructions

clean, wash and chop the spinach

boil the leeks and spring onions in salted boiling water for 5 minutes

drain well

heat the oil and saute the onions and leeks

add the spinach, dill, mint, cheese, rice, and eggs and mix well over heat for 2 minutes

place two sheets of pastry in a pie dish or on a baking tray

Brush with olive oil, and two more sheets and repeat for 2/3rd of packet

spread the filling across

cover with two sheets of pastry, brush with oil and continue until all used

brush with oil and scour serving pieces in the pastry - this makes it easier to cut and gets rid of the steam when cooking

bake for about an hour at 200 degrees

Notes

An egg wash can be used to brush the pastry instead of oil

Some versions of Spanikopita have a variety of local cheeses added including goats cheese and Pecorino

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Baking Dish



Deep pie dish

Nutrition Information:

Yield:

12

Serving Size:

1

Amount Per Serving: Calories: 265 Total Fat: 18g Saturated Fat: 7g Trans Fat: 0g Unsaturated Fat: 10g Cholesterol: 61mg Sodium: 417mg Carbohydrates: 19g Fiber: 4g Sugar: 7g Protein: 10g

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