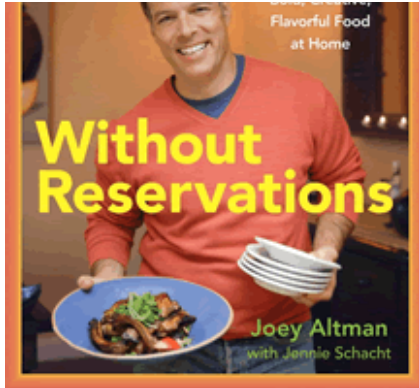


Spinach Spanakopita



2 bunches spinach cleaned, and stems removed
1 medium yellow onion, finely minced
¼ cup parsley, fine chopped
2 tablespoon fresh dill, fine chopped
¼ cup pinenuts, lightly toasted
8 oz. feta cheese (greek) crumbled
1 egg
¼ cup grated Parmesean cheese
½ teaspoon Black pepper

Phyllo dough thawed in the refrigerator for at least an hour.

Clarified butter

Good quality pastry brush

Saute spinach, squeeze all moisture from spinach, chop into small pieces. Sauted the onions in olive oil over medium heat until tender, transfer to a bowl and allow to cool.

Whisk egg.

When the onions are cool combine the cooked spinach, onions, dill, pinenuts, feta cheese, egg, Parmesean and black pepper until well mixed. Chill for at least 15 minutes.

Assembling Spanikopita

Layout out the unrolled thawed phyllo dough on a tray and cover with a clean kitchen towel to keep it from drying out and cracking.

Layer 3 sheets of phyllo dough in “Landscape position” on top of each other brushing thoroughly with the melted butter between each layer. Cut the stack of phyllo from top to bottom in half then each half into thirds giving you 6 even strips. Spoon about a heaping tablespoon of the filling 1” from the bottom of the phyllo dough. Fold from the bottom left corner up over the filling into a triangle, then repeat from side to side keeping the triangle shape and the filling inside. Lay the triangles onto a parchment lined baking tray and brush with melted butter to keep them from cracking.

To Serve: Bake in a preheated oven to 350° until golden brown, about 7 to 8 minutes.

Meaty Options: Add some minced cooked chicken, lamb or merguez sausage.



STERLING VINEYARDS