



Helen's Spanakopita Recipe

INGREDIENTS

Filling

3 bundles of English spinach
1 bunch of dill
1 bunch of parsley
1 bunch of mint
1 bunch of shallots
Add some silverbeet (optional)
1 small cup rice (to absorb water from veggies)
½ kilo of feta cheese
1 cup of Parmigiano or other melted cheese
Salt and pepper to taste

Filo Pastry

700 grams plain flour
2 tablespoons of vinegar (to make it crispy)
2 teaspoons salt
½ cup of oil
Warm water

INSTRUCTIONS

Filo Pastry

1. To make the dough, mix all the ingredients together with a bit of warm water.
2. Let the dough rest for 20-30mins so it's soft and easy to manipulate.

Filling

1. Start by chopping all the veggies and herbs, add the salt and let it sit for 15 minutes.
2. Strain the veggies, squeezing out all the water, and place them in a bowl along with the rice, feta, parmigiano cheese, salt and pepper.
3. Roll out the dough on a floured table, making 4-5 thin layers.
4. Brush oil on the bottom surface of a baking tray and place down 2 layers of pastry.



5. Add the filling to the pastry, adding two more layers of pastry on top.
6. Liberally brush oil on the top, and bake for one hour in the oven. Bake at 200 degrees for the first 20 minutes, and then reduce to 180 degrees for the remaining 40minutes.
7. When the pastry is golden all over, turn it over and bake for another 10 minutes. This makes the bottom pastry nice and crispy.

