

SPANIKOPITA TRIANGLES

INGREDIENTS

1/3 cup olive oil
2 pounds spinach, washed and drained
(or 2 10-oz packages frozen chopped spinach, thawed)
1 bunch scallions, white and green parts, chopped
1/4 cup finely chopped parsley
Salt and freshly ground black pepper
1/2 pound feta cheese, crumbled
2 eggs, lightly beaten
1 cup (2 sticks) unsalted butter, melted
1 pound filo pastry sheets

DIRECTIONS

Heat 1 tablespoon of the oil in a large sauté pan, add half of the spinach and sauté until spinach wilts, tossing with tongs, about 2 minutes. Remove spinach and squeeze out excess liquid, then chop roughly. Repeat with remaining spinach, using 1 more tablespoon of olive oil. If using frozen chopped spinach, squeeze excess water from thawed spinach with paper towels. Pour off any liquid from the pan, and add remaining olive oil. Add scallions and sauté until soft, about 2 to 3 minutes. Add the spinach to the scallions, along with the parsley, salt and pepper. Cook over low heat for 1 to 2 minutes, then remove from heat to cool. (This part can be done ahead and kept refrigerated).

Stir the feta and as much beaten egg to moisten the cooled spinach mixture.

Preheat the oven to 350F degrees. Brush a baking sheet with some of the melted butter.

Unroll the filo dough on a flat surface and keep it covered with waxed paper and a damp towel so it doesn't dry out and become brittle. Using a sharp knife, cut the filo into 3 by 11 inch strips, and recover with the towel. Use a pastry brush to brush a strip of filo with melted butter. Place a small spoonful of spinach filling 1 inch from the end of the pastry. Fold the end over the filling to form a triangle, then continue to fold up the strip in triangles, like folding up a flag. Continue with remaining strips of dough, placing filled triangles on the baking sheet and keeping them covered with a towel until all are ready to bake.

This is a good example of the procedure: <http://chefinyou.com/2009/11/spanakopita-recipe/> I don't have the patience to photograph, and besides, would need an additional set of hands.

Brush the triangles lightly with butter, then bake for 20 to 25 minutes, or until golden and crisp. Serve hot.

(Note: The triangles may be frozen before baking, layering waxed paper between layers of triangles to keep them from sticking. Bake frozen triangles an extra 10 minutes. I usually make a few dozen at a time and keep them on hand in the freezer)