



## ♥ DETAILS

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# AROUND THE WORLD WITH

*Modern Mediterranean with Angela*





# Kolokithopita

## Pumpkin and goat's cheese spiral pie

### ♥ INGREDIENTS

- 1 kg diced pumpkin
- 1 sprig rosemary
- 1 red onion, sliced
- 200g goat's cheese, diced
- ¼ cup parsley, chopped
- Extra virgin olive oil
- 1 pkt filo pastry for pies

### ♥ METHOD

- 1 Heat AGA Roasting oven and oil a 24cm shallow baking dish.

Dice pumpkin and place on a baking tray that is lined with baking paper. Drizzle with olive oil, season with salt and pepper and scatter the rosemary leaves on top. Roast for about 30 minutes or until cooked. Remove from oven and let cool.

- 2 Heat a small fry pan and add a little olive oil. Add the onion and cook until golden brown. Remove and let cool. In a bowl, gently mix the pumpkin, onions, goat's cheese and parsley.

- 3 Take one filo sheet and brush it lightly with olive oil. Repeat with 5 more sheets and place them on the bench, slightly overlapping to form a 3 sheet long by 2 sheet wide large piece of filo. Add half the filling along the length of its base. Roll this up to form a sausage shape about 5cm wide. Place this in the baking dish starting in the middle and roll it around itself to form a spiral. Repeat to make one more 'sausage'. Add this to complete the spiral and fill the baking dish. Alternatively, you can make 2 small spirals.
- 4

Brush with olive oil and with a sharp knife poke some air holes along the pie. Wet your hands and sprinkle the top of the pie with water. Bake until golden brown. Serve warm or at room temperature.

- 5









# Tyropita

Cheese & mint spiral pie

## ♥ INGREDIENTS

- 200g feta cheese, crumbled
- 100g kefalograviera, grated
- 200g ricotta
- 2 eggs, lightly beaten
- 1 tsp dried mint
- ½ cup fresh mint, chopped
- black pepper
- Extra virgin olive oil
- 1 tbs sesame seeds, to sprinkle on top of pie

## ♥ METHOD

- 1 In a bowl add the cheeses, eggs, mint and pepper and mix to combine. Let rest while you prepare the pastry.
- 2 Take one filo sheet and brush it lightly with olive oil. Repeat with 5 more sheets and place them on the bench, slightly overlapping to form a 3 sheet long by 2 sheet wide large piece of filo. Add half the filling along the length of its base. Roll this up to form a sausage shape about 5cm wide.
- 3 Place this in the baking dish starting in the middle and roll it around itself to form a spiral. Repeat to make one more 'sausage'. Add this to complete the spiral and fill the baking dish. Alternatively, you can make 2 small spirals.
- 4 Brush with olive oil and with a sharp knife poke some air holes along the pie. Wet your hands and sprinkle the top of the pie with water and sprinkle with sesame seeds. Bake until golden brown. Serve warm or at room temperature.

# Pea & feta bitters

## ♥ INGREDIENTS

- 2 medium zucchinis, grated (about 300g)
- 150g peas
- 6 spring onions, finely chopped
- ½ cup each of dill and mint, chopped
- ½ cup grated mitzithra, parmesan or pecorino cheese
- 100g feta cheese, crumbled
- 2 eggs
- 1 cup self-raising flour
- Extra virgin olive oil for frying

## ♥ METHOD

- 1 Grate zucchini, sprinkle with a little salt and rest for 10 minutes, before taking a hand full at a time and squeezing out any liquid.
  - 2 In a large bowl add the zucchini, peas, spring onions, cheeses, herbs and eggs. Mix well and season with black pepper. Add the flour and mix through. Let the mixture rest for 30 minutes.
  - 3 Heat a heavy based non-stick fry pan with a bit of olive oil, so the base is well covered. Using a tablespoon, add dollops of mixture and cook until golden, keeping the heat on medium otherwise if it is too hot they will not cook through. Turn over until cooked. Remove and place on kitchen paper to drain. Continue with remaining mixture.
- Serve warm or cold with a squeeze of lemon juice and some Greek style yoghurt.

# Roast eggplant with beta

## ♥ INGREDIENTS

- 1 large eggplant
- 1 garlic clove, crushed
- 1 tbs each of finely chopped parsley, dill & mint
- 1 tsp coriander seeds
- ½ tsp cumin seeds
- 50g feta cheese (optional)
- Lemon juice
- Extra virgin olive oil

## ♥ METHOD

Place whole eggplant in a baking tray and drizzle with olive oil. Bake in the roasting oven until the eggplant is soft and just starting to char. Cut the eggplant open to reveal the flesh but do not remove from the skin. The idea is to serve this in the eggplant skin (a bit like a boat). Leave it in a colander so juices can drain.

1

Toast the coriander and cumin seeds in a small fry pan until just fragrant and then crush the seeds.

2

To assemble, place the eggplant (in its skin) on a serving plate and add the crushed garlic, salt and pepper, a squeeze of lemon juice and half the spice mix and gently mix into the eggplant flesh with a fork.

3

Sprinkle with the herbs; crumble the feta on top (if using) and sprinkle remaining spices. Drizzle with a little olive oil and serve.

