



RECIPE OF THE WEEK: 10/10/2022

Fluffy Greek Cheese Rolls

(Afrata Tirokouloura)

There are many types of bread rolls in the Greek cuisine and this is another delicious variety. You can achieve fluffy, mouth-watering, scrumptious cheese rolls and when they come out of the oven the whole kitchen will fill with delightful aromas. You will be excited with their cheesy flavours.

Ingredients

(Makes 15 rolls)

350g Greek yoghurt

100ml lukewarm water or milk

50ml olive oil

150g feta, crumbled

100g cream cheese

1 large free-range egg, egg white and yolk separated

8g dried yeast

1 tbsp sugar

500g plain flour

For sprinkling

20g of white sesame seeds

20g of black sesame seeds or poppy seeds

Method

1. Pre-heat the oven to 180°C/ 160°C fan/ gas 4.

2. In a large deep bowl combine the yoghurt, water or milk, olive oil, feta, cream cheese, egg white, yeast and sugar and stir well with a whisk.

3. Add the flour, a small amount at a time, stirring continuously with a spoon until you have a soft, fluffy dough.

4. Place the dough on a lightly floured work surface and knead it with your hands for 2-3 minutes. Shape the dough into a smooth, large ball and place it in a bowl, covered with cling film to allow it to rise. Leave it to rest in a warm place for 30 minutes.

5. Transfer the dough onto the work surface and cut it to make fifteen little balls weighing about 40g each. Shape the balls into half-moon shapes and join the ends to form round bread rings.

6. Place them on a tray covered with grease proof paper, each 1cm apart.

7. Beat the egg yolk and egg wash the tirokouloura. Sprinkle with the black and white sesame or black poppy seeds.

8. Bake in the pre-heated oven for 30-35 minutes until golden brown.

9. Serve them with tea or coffee or stuff them with different cheeses, ham or thin fillets of roasted chicken.

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