



RECIPE OF THE WEEK: 28/02/2022
Bouyiourdi
(Baked Feta with Tomatoes, Peppers and Chilli)

This is a simple but spicy, flavoursome traditional Greek recipe usually served during the week leading up to Lent. The week is called 'tyrini' or 'tyrofagou' which means 'eating cheese' although eggs and fish are also allowed.

Bouyiourdi is made with feta or a combination of other cheeses, such as Greek kefalotyri or kasseri, tomatoes, peppers and chillis. The word 'bouyiourdi' is a Turkish word meaning, 'the one who ordered', and originally actually meant the order of an officer during the Ottoman Empire. It is served as a meze or as an attractive appetiser which gives a unique, individual taste. The oregano produces a beautiful aroma and the ripe, cooked fresh tomatoes make the dish juicy and tasty.

Ingredients (Serves 4)

200g feta, cut into big pieces
1 green bell pepper, de-seeded and thinly sliced
6 cherry tomatoes, cut into 4 or 2 firm,
large ripe tomatoes, cut into slices
1 fresh hot chilli, finely sliced or 1 tsp chilli flakes
1 tsp dried oregano
60ml extra-virgin olive oil
Freshly ground black pepper



Method

1. Pre-heat the oven to 200°C/180°C fan/gas 6.
2. In a 14cm clay oven dish, add the feta, the bell pepper and cherry tomatoes or fresh tomatoes on one layer and repeat to form another layer.
3. Add the hot chilli or chilli flakes and sprinkle with oregano. Then drizzle with olive oil and season with black pepper.
4. Place aluminium foil on top of the clay oven dish and press it down firmly seal the edges.
5. Place the clay dish on the middle shelf of the pre-heated oven and bake the bouyiourdi for 15-20 minutes, until the feta melts and the vegetables soften. Remove the foil and leave it to bake for a further 3-5 minutes, until golden. Another way to cook this dish is to place the feta and vegetables on top of a piece of aluminium foil covered with grease proof paper and then fold up the edges to cover the food, creating a parcel. Bake it in the oven the same way as mentioned above.
6. Remove from the oven and sprinkle with a little bit of oregano and then drizzle with olive oil. Serve hot with pitta bread, toasted crusty bread or part of a meze.