



RECIPE OF THE WEEK: 23/08/2021
Bourekia Me Anari
(Deep Fried Pastries with Cream Cheese)

In Greece and Cyprus these pastries are called bourekia but in Crete they are called Kaltsounia. They are scrumptious and made with light homemade filo pastry filled with cream cheese called anari in Cyprus and anthotyro or myzithra.

Anari is made after the production of halloumi or other cheeses. It has a creamy texture which is suitable as a filling in sweet or savoury pastries.

My mother used to make these in Pafos in Cyprus. I could not have enough of them. Some cooks add sugar to the cheese filling and some others use honey but that does not matter because either way, the bourekia are equally delicious.

Makes 24

Ingredients

For the pastry

600g plain flour
pinch of salt
4 tbsp light olive oil
1tbsp rose water or orange blossom water
200ml lukewarm water

For the cheese filling

300g fresh unsalted anari or ricotta
3 tbsp caster sugar or 2 tbsp honey
1 medium free-range egg, lightly beaten
1 tbsp cinnamon
1-2 tbsp rose water or orange blossom water
vegetable oil for deep- frying

For dusting

3-4 tbsp rose water or orange blossom water
icing sugar



Method

1. Sift the flour with the salt into a large mixing bowl. Pour in the oil and rub the oil lightly with the fingertips until the mixture resembles breadcrumbs. Add the rose water and enough water and mix with a spoon to doughy consistency. Turn onto a floured board and knead quickly until smooth but firm.
2. Sprinkle with a little flour, cover with a clean cloth and leave to rest for at least one hour.
3. Beat the cheese with the sugar or honey, the egg, cinnamon and rose water or orange blossom water into a smooth mixture.
4. Divide the dough into two and form each piece in a cylinder. Cut into small round pieces about 2cm long.
5. Lightly flour the board and roll out the pastry pieces to a thickness of about half a centimetre or as thinly as possible and into 10cm circles.
6. Put a teaspoon of cheese filling in the centre of each pastry disc, moisten the edge with water and fold it over to form half-moon shapes. Press the edge with a fork to seal and make markings around the edge. Place pastries on a platter covered with a clean cloth.
7. Heat the oil in a deep- frying pan or casserole to 190° C or until a cube of bread turns golden in 30 seconds. Fry the bourekia a few at a time, for about 1 minute on each side or until golden brown all over. Lift out with a slotted spoon and drain on absorbent kitchen paper.
8. Serve the bourekia warm, sprinkled with orange blossom water and icing sugar.