



RECIPE OF THE WEEK: 01/08/2022
Feta Saganaki in Filo me Sousami ke Meli
(Fried Feta in Filo drizzled with Honey and sprinkled with Sesame Seeds)

This dish originated from Crete where there is a lot of appetisers and meze dishes consisting of salty chesses with honey. It is an easy recipe to make as it only takes about ten minutes to prepare but you will end up with a delicious meze dish.

The combination of soft cheese with honey and crispy white and black sesame seeds results in an exquisite and tasty dish.

Ingredients

(Makes 4 pieces)

4 sheets of bought filo pastry or home-made filo
400g good quality feta, cut four large rectangular pieces
olive oil for frying
75g white sesame seeds
25g black sesame seeds
4 tbsp Greek thyme honey



Method

1. Spread one sheet of filo pastry onto a working surface. Place the filo with the short side facing north.
2. Put one of the feta pieces in the middle of filo, at least 2cm away from the corners. Fold the edges and roll the filo to form a parcel. Using a brush, cover the edges of the filo with a small amount of water to seal it.
3. Continue the same process with the remaining three sheets of filo.
4. If you have time, place the feta parcels in the freezer for at least thirty minutes. This ensures the ingredients bind together and the liquid from the feta will not soak the pastry.
5. Heat a small amount of olive oil in a frying pan with a heavy base to just cover the bottom of the pan. Leave it to heat over a medium-high heat and fry the feta parcel for 2-3 minutes on both sides until golden.
6. Transfer the feta parcels onto a large platter, covered with kitchen paper to absorb any excess oil.
7. Drizzle with Greek thyme honey and sprinkle with white and black sesame seeds.

Note: If you do not want to fry the feta parcels, you may bake them in a pre-heated oven at 180°C/160°C fan/gas 4 for 30-35 minutes until the surface is golden.