



## RECIPE OF THE WEEK: 16/01/2023

### Saganaki Tyri (Fried Cheese)

At home or in Greek tavernas and restaurants a very appetising dish is served with thick slices of *kefalotyri* or *kefalograviera*, a hard cheese made from goat's milk. Other cheeses most frequently used are *kasseri* made from goat's milk with a smooth texture and taste or *graviera*, the Greek version of *gruyère* made from sheep's milk. The Cyprus halloumi cheese is a good substitute.

It is fried and served in a *saganaki* pan which is a small individual frying pan with two black semi-circular handles on either side. For perfect results use cheeses which are hard and fry on a high heat to achieve a hard crust and melted cheese inside. The perfect accompaniment is a green salad, crusty bread and a good glass of chilled white wine or ouzo.

#### Ingredients

(Serves 4 as starter or mezza)

250g *graviera*, *kefalotyri*, *kasseri*, *halloumi* or any hard cheese

200ml iced water

100g plain flour for coating

100ml olive oil

juice and zest of 1 lemon

freshly ground black pepper

1 tsp dried oregano

#### To garnish

a small bunch of fresh flat-leaf parsley, finely chopped

1 lemon, quartered

#### Method

1. Cut the cheese into four slices, 1cm thick.

2. Dip the cheese slices into the iced water.

3. On a high heat, in a small frying pan or a *saganaki* pan, heat enough oil to cover 1/3 of the cheese slices. Fry them for 30 seconds-1 minute on each side until they turn golden and smell very nutty.

4. Sprinkle while hot with lots of lemon juice and zest, black pepper and oregano. Garnish with chopped fresh flat-leaf parsley for a perfect appetiser.