



## RECIPE OF THE WEEK: 17/01/2022

### Tyri Saganaki (Fried Cheese Saganaki)

This is an easy dish to make and prepare with three ingredients. There are however some secrets to achieve outstanding results.

The ideal cheeses to use are those which when rolled in flour do not lose their shape and do not melt in the pan, they are hard cheeses like graveria or kefalotyri. You may be able to use other cheeses such as halloumi. The ideal result is to finish with a dish which has a golden crust and soft middle that melts in your mouth. If you do it right this will be a very satisfying dish.

If you use feta or other soft cheeses, you have to immerse them in cold water and then sprinkle with flour and repeat this process two or three times so that the cheese will not melt when you fry it. Another method is to place the cheese with batter or dredge with beaten egg and breadcrumbs before frying.

The olive oil used for frying must be very hot so that the cheese does not split and this will result in a beautiful golden and crispy crust.

The cheese is fried in the pan called saganaki which is a small pan with a heavy base and two handles opposite each other. If you do not have a saganaki pan you may use a small pan with a heavy base instead.

#### Ingredients (Serves 2)

300g graviera (gruyere or kefalotyri)  
100g plain flour  
300ml cold water  
salt and freshly ground black pepper  
200ml olive oil, for frying  
zest of half a lemon  
one lemon, cut in half, for serving



#### Method

1. Cut two square pieces from the cheese, about 2cm depth. Do not cut them very thinly because they might melt in the pan.
2. In a bowl, place the flour, season with salt and pepper and stir.
3. Immerse the cheese in cold water and then flour the surface and sides of the cheese. Shake to get rid of the excess flour. Repeat the process once more so that you can create a thick crust.
4. In the saganaki pan or small frying pan, heat the olive oil to a depth of 1cm until very hot.
5. Fry the tyri saganaki in the hot oil for 1-2 minutes on one side. Turn it over and fry the other side for 1-2 minutes until golden.
6. Take out the cheese from the pan using a slotted spoon and transfer to a plate covered with kitchen paper to absorb any excess oil.
7. Sprinkle the tyri saganaki with lemon zest and serve hot with lemon pieces and plenty of the crusty bread or as part a meze.