

Nettle Spanakopita

Ingredients:

1/3 – 1/2 cup Olive oil

One onion, finely chopped

Fresh stinging nettles – approximately 8 oz (a regular size ziploc bag full) washed and chopped or cut with scissors (might want to wear gloves for this)

2+ Tbsp. Dill (fresh if possible) (optional) or approx. 1 tsp dried

2+ Tbsp. Oregano if fresh (if possible), but otherwise 1 tsp ground is good

1/4 tsp. Nutmeg

2 eggs – lightly beaten

4 oz Feta cheese crumbled

1 package frozen phyllo pastry, thawed

Butter (melted for brushing onto pastry) (about 1/2 lb)

Method:

Preparing the filling:

Heat olive oil on stove and add finely chopped onion, allow to cook for about 10 minutes on med to low heat until soft

Add chopped nettles, dill, oregano and nutmeg and combine; allow to cook until nettles soft and flavours can combine. If it dries out add a little boiling water to allow for mixing but make sure water has a chance to evaporate.

Remove from heat and add eggs and cheese and combine.

[There are various ways of 'building' your spanakopita – the sheet method is available in lots of recipes in books or on-line, here we are going to use the 'triangle' method.]

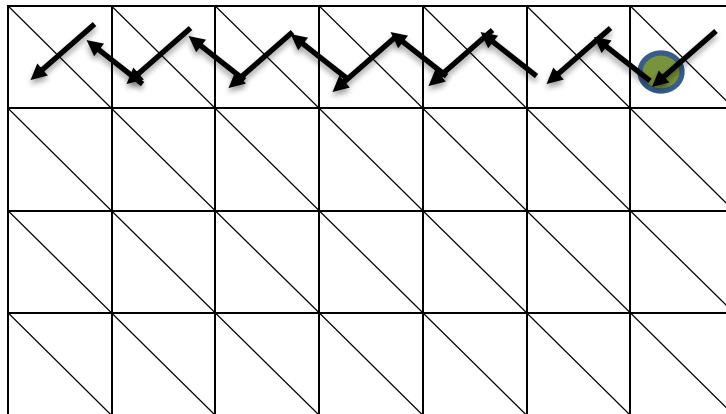
Lay out phyllo pastry on a flat surface.

Remove first sheet brush it with a layer of melted butter.

Cut the sheet into strips lengthwise – the widths you cut it into will determine the size of your triangles. If you want large ones cut it into thirds, if you want little “hors d’oeuvres” sized ones cut it into fifths or sixths.

Place a small amount of the filling in the bottom corner of the strip (1 – 2 Tbsp depending on the size you are making) and proceed to fold the corner over to make a triangle at the bottom of the strip.

Continue to fold the triangle over and over until you have come to the end of the strip.



For larger triangles use more than one strip to wrap the triangle. (for example – for a strip that is $\frac{1}{4}$ the width of the sheet of phyllo with approx. 1.5 tbsp of filling you would want to use at least two strips – if you use more filling and wider strips use more layers to cover the triangle. Brush a little butter on the top of the finished triangle and place on a baking sheet.

Continue ‘building’ your triangles until you run out of filling and/or pastry.

As the ‘building’ step can be a little time-consuming only start pre-heating the oven to 350° when you are getting near the end. Once all are finished place the baking trays into the hot oven and bake for 35 – 45 minutes. They are great hot, but fine cold too. Enjoy!!!