



SPANAKOPITA

HELEN LYNCH

CONNECTIONS COOKING CLUB
"GREEK DAY"

JULY 2020

PHASE 0

List of Ingredients:
Take inventory.

Make sure you
have everything
you need

1:02 PM Thu Jul 2

21%

Documents



spanakopita



Recipe for Spanakopita

Ingredients for 9 by 13 baking pan

3 boxes chopped spinach

one onion

half a bunch of fresh dill

half a bunch of fresh italian parsley

15 ounces good ricotta

1 package chunk NOT CRUMBLED feta cheese at least 1 pound

3 large eggs

olive oil

1/4 pound butter melted (at least)

Salt and Pepper to taste

One box phyllo dough

Put in 350 oven about 45 minutes or until golden brown.

abc

B I U AA ≡ ¶ ▼

REVIEW THE LIST:

Frozen spinach

Fresh dill

Fresh parsley

Red onion

Strainer

Pot large enough for filling

Clean towel



LAST BUT NOT LEAST

Good Quality

Extra Virgin

Olive oil



INSTRUCTIONS:

11:12 AM Wed Jul 1

Documents

Ingredients/Utensils

100%

PHASE I SPINACH INGREDIENTS/UTENSILS

Olive Oil.	Large Sauté Pan
Onion.	Strainer
Fresh Dill.	Tea Towel
Fresh Parsley	
Frozen Chopped Spinach	

PHASE I INSTRUCTIONS

Microwave chopped spinach with 2 minutes less than directions. When cool place in strainer and then squeeze all water out in a towel. Place diced onion in olive oil and sauté til soft. Add dill and parsley and sauté together. Then add separate spinach into pieces and add to pan. Mix and sauté together for about five minutes. Take off heat and let cool.

11:26 AM Wed Jul 1

Documents

Phase II Ingredients/Utensils

70%

PHASE II CHEESE INGREDIENTS/UTENSILS

Ingredients.	Utensils
Chunk Feta (Not Crumbled).	Large Bowl
Whole Milk Ricotta	
2/3 eggs	
Salt/ Pepper to taste	

PHASE II INSTRUCTIONS

Crumble Feta in bowl
Add Ricotta and Mix together.
Add eggs and mix together.
Add Spinach mixture and combine thoroughly.
Now add Salt and Pepper to taste. (Remember Feta is salty)

11:52 AM Wed Jul 1

Documents

Phase III Phyllo

65%

PHASE III PHYLLO DOUGH AND PUTTING IT TOGETHER!

Ingredients.

Phyllo Dough.
1/2 pound unsalted butter.

Utensils

Pastry Brush
Baking Pan
Counter Top Flat Surface
Tea Towel
Plastic Sheet
Microwaveable Dish for butter

Instructions

Remove Phyllo dough from fridge 30 minutes before using. Must be room temperature. You must have everything out and prepared before you open dough. Butter should be melted. Plastic sheet cut to size. Tea towel wet down and ready. Roll out dough. Lay flat. Put plastic sheet on dough and wet towel over it. Butter Baking pan. Remove one phyllo and lay flat in pan. Butter it thoroughly. Do this 6 times if it fits across. Do it 12 times if you need to put dough on either side of the pan. Keep covering dough with towel and plastic. Put spinach mixture in pan and spread evenly. Now place one phyllo dough buttered on top. Do this 7 times or 14 times depending on size of pan. Now cut 3 slits on top trying not to get down to filling. Slits should be about 1/3 apart. With your hand sprinkle drops of water on top. Put in 350 degree oven for 40 to 45 minutes or when golden brown.

abc

cool. Is

cool. Was

cool. In

B I U AA

is

was

I

B I U AA

We

The

B I U AA

TIME TO START....

Always read
instructions
before you
start cooking!

11:12 AM Wed Jul 1

Documents Ingredients/Utensils

PHASE I SPINACH INGREDIENTS/UTENSILS

Olive Oil. Large Sauté Pan
Onion. Strainer
Fresh Dill. Tea Towel
Fresh Parsley
Frozen Chopped Spinach

PHASE I INSTRUCTIONS

Microwave chopped spinach with 2 minutes less than directions. When cool place in strainer and then squeeze all water out in a towel. Place diced onion in olive oil and sauté til soft. Add dill and parsley and sauté together. Then add separate spinach into pieces and add to pan. Mix and sauté together for about five minutes. Take off heat and let cool.

abc cool. Is cool. Was cool. In B I U AA

**PREPARE
THE
SPINACH**

- Defrost spinach
- Microwave 2 minutes less than instructions say
- Let cool



FIRST STEP:

- Dice onion
- Pour some olive oil in pan
- Begin frying onion



NEXT:

-Clean
parsley and
dill well

-Dice



ADD HERBS

-Add herbs
to frying
pan.

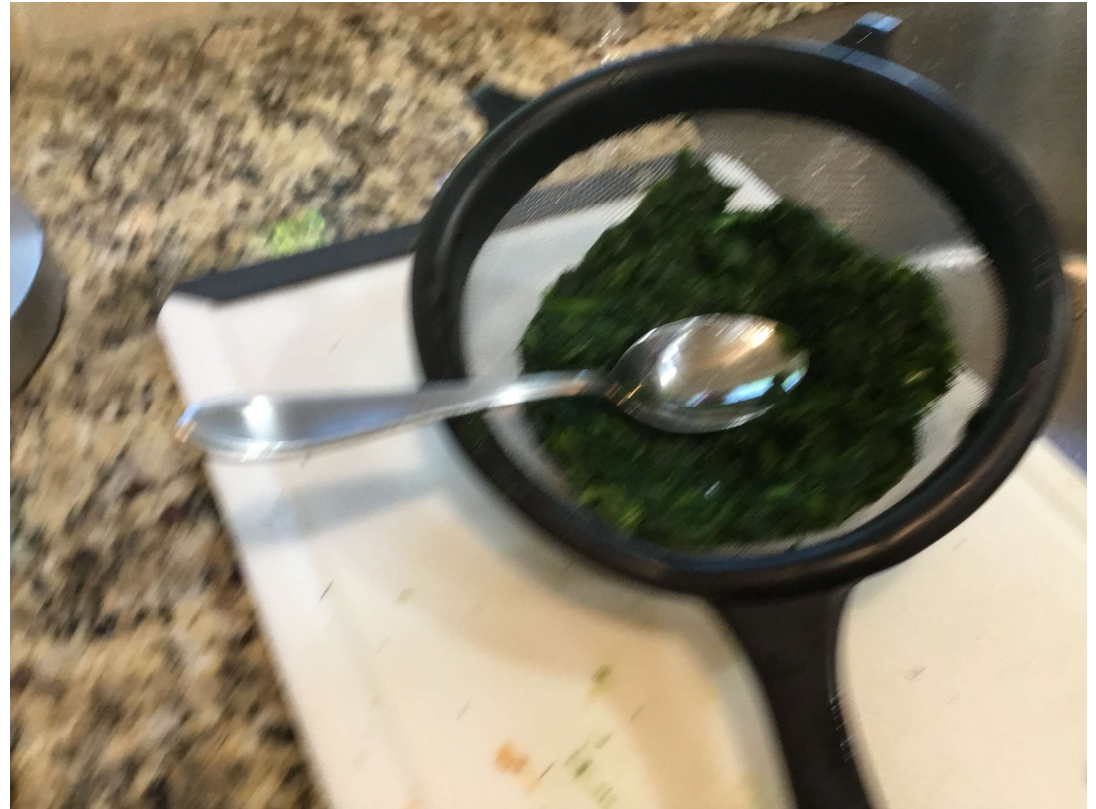
-Saute



SPINACH

When
Spinach is
cool

Strain



SPINACH

Put in
clean
tea
towel.



SPINACH

Ring all
the
excess
water out



SPINACH

3 boxes of
spinach

When defrosted
and squeezed
so no liquid

Looks like this!



SPINACH

Add spinach to pot with onions and herbs, break apart and saute for approx. 5 minutes



PHASE II

Spinach is cooled and squeezed dry, Herbs, onion sautéed in EVOO. Spinach has been added to the herb mixture and cooked for 5 mins.

Now starting Phase II

11:26 AM Wed Jul 1

Documents

Phase II Ingredients/Utensils

70%



PHASE II CHEESE INGREDIENTS/UTENSILS

Ingredients.

Chunk Feta (Not Crumbled).
Whole Milk Ricotta
2/3 eggs
Salt/ Pepper to taste

Utensils

Large Bowl

PHASE II INSTRUCTIONS

Crumble Feta in bowl
Add Ricotta and Mix together.
Add eggs and mix together.
Add Spinach mixture and combine thoroughly.
Now add Salt and Pepper to taste. (Remember Feta is salty)

abc

is

was

I

B I U AA

PHASE II

Crumble the brick of FETA you purchased into a bowl.

(do not buy crumbled feta)



PHASE II

Add Eggs and Ricotta to feta and add

To the spinach mixture and mix
(remember the spinach has to be cool)



PHASE II

Add salt and pepper to taste.
(Feta is salty so be careful)

When it is fully mixed, it should look like this



PHASE III

The phyllo dough must be defrosted and at room temperature (remove defrosted dough from refrig 30 mins before using)

Butter should be melted

Plastic sheet ready

And wet tea towel ready.

This dough dries up, so you have to move quickly at this point.

11:52 AM Wed Jul 1

Documents



Phase III Phyllo



63%



PHASE III PHYLLO DOUGH AND PUTTING IT TOGETHER!

Ingredients.

Phyllo Dough.
1/2 pound unsalted butter.

Utensils

Pastry Brush
Baking Pan
Counter Top Flat Surface
Tea Towel
Plastic Sheet
Microwaveable Dish for butter

Instructions

Remove Phyllo dough from fridge 30 minutes before using. Must be room temperature. You must have everything out and prepared before you open dough. Butter should be melted. Plastic sheet cut to size. Tea towel wet down and ready. Roll out dough. Lay flat. Put plastic sheet on dough and wet towel over it. Butter Baking pan. Remove one phyllo and lay flat in pan. Butter it thoroughly. Do this 6 times if it fits across. Do it 12 times if you need to put dough on either side of the pan. Keep covering dough with towel and plastic. Put spinach mixture in pan and spread evenly. Now place one phyllo dough buttered on top. Do this 7 times or 14 times depending on size of pan. Now cut 3 slits on top trying not to get down to filling. Slits should be about 1/3 apart. With your hand sprinkle drops of water on top. Put in 350 degree oven for 40 to 45 minutes or when golden brown.

abc

I

We

The

B I U AA



PHASE III

Defrosted, room temperature dough should be rolled out and ready to use



PHASE III

Wet Tea
Towel

And Plastic
ready to put
on top of
Phyllo



PHASE III

Butter dish

Place 1 layer of phyllo in pan, butter top of layer and repeat for 6 layers.



PHASE III

Brush
butter so it
completely
covers
each layer



PHASE III

Now put
cooled
filling in
baking
pan



PHASE III

Repeat the 6 layers of phyllo dough on top of filling, buttering each layer as you go.

Place three slits across the top

Careful not to go all the way through

Sprinkle water on top of baking pan with your fingers, just a little to moisten it.



PHASE III

Bake in
preheated
350 degree
oven for 40 –
45 minutes
(or until
brown)



FINISHED PRODUCT!!!

- Let cool before cutting.
- Look at this picture of deliciousness!

