

Joan Nathan's Spinach-Feta Burekas in Puff Pastry

The original recipe from Joan Nathan's King Solomon's Table cookbook includes directions for making fresh made puff pastry, which takes at least a day to prepare. To make Burekas in a flash, purchase frozen puff pastry. It is available in squares or sheets. I prefer the 5" x 5" squares for this recipe.

15 ounces	spinach, fresh or frozen, defrosted	10 5" x 5" squares	Puff Pastry
1 pound	feta, cheese, drained and patted dry	1 Tablespoon	sesame seeds
2 large	eggs	1 Tablespoon	nigella seeds (optional)
4-6 grindings	fresh ground black pepper	1 large	egg (for egg wash)

- 1 Preheat oven to 375°. If using fresh spinach, submerge it in boiling water for a minute. Place the spinach (fresh or frozen) in a colander and press it to release the liquid. It's important to get the moisture out of the spinach. Take in your hands and squeeze out the liquid as the final step.
- 2 Pulse the feta and 2 eggs in the bowl of a food processor until nearly blended. Add the spinach and pulse again a couple times to mix. Add the pepper.
- 3 Roll out each square of puff pastry with some flour from a 5" x 5" square into an 8" x 8" square, being careful not to roll off the edge and squash the flaky layers that form in the oven. Cut the squares into fours with a pizza cutter, making each piece 4" x 4". Use a small scoop to scoop a heaping tablespoon of the filling onto the puff pastry.
- 4 Fold the puff pastry over the spinach-feta mixture to form a triangle. Don't seal the edges, as this helps to create the flaky edge once the Burekas are baked. Place onto parchment lined baking sheets.
- 5 Break the egg into a small bowl and beat in a teaspoon of water with a fork. Brush each Bureka with the egg wash and sprinkle with sesame seeds and optional nigella seeds (they look like black sesame seeds).
- 6 Bake for 15-20 minutes or until golden all over the top. Serve immediately or cool on wire racks. You can store in the fridge and reheat them at 300° just before serving.

Servings: 40

Preparation Time: 30 minutes

Cooking Time: 15 minutes

Total Time: 45 minutes

Oven Temperature: 375°F

Nutrition Facts

Nutrition (per serving): 123 calories, 78 calories from fat, 8.8g total fat, 20.7mg cholesterol, 177.3mg sodium, 81.3mg potassium, 8g carbohydrates, <1g fiber, <1g sugar, 3.4g protein.

Source

Author: Joan Nathan, adapted by Patricia K. Rose

Source: King Solomon's Table cookbook

