# Rampaging Chefs

## FATAYER SBANIKH

Triangle Spinach Pies

- **Season:** Spring/Summer
- **Type:** Vegetable
- **Difficulty:** Medium
- **Serves:** 6 or 15 tastes
- **From the Garden:** spinach, lemon

## Equipment:

- Bowls
- Knives
- Chopping board
- Deep saucepan
- Colander
- Frypan
- Wooden spoon
- Cloths
- Baking sheets

## Ingredients:

- ½ quantity of Khoubiz dough
- 750 grams spinach
- 1/3 cup olive oil
- 1 large onion, finely chopped
- ½ cup snoober (pine nuts)
- ¼ teaspoon nutmeg
- Salt
- Freshly ground pepper
- ¼ cup lemon juice

1. Make Khoubiz dough according to directions, using full amount of yeast specified if making half quantity. Cover and leave to rise.
2. Remove roots and damaged leaves from spinach. Wash spinach well in several changes of water, shake off excess moisture and chop leaves and stalks finely.
3. Place spinach into a deep pan (not aluminium) and cook over a medium heat, uncovered, for 5 to 8 minutes until wilted and juices run out. Toss with a fork while cooking.
4. Turn into a colander and press with back of spoon to remove as much excess moisture as possible.
5. Heat oil in a pan and gently fry onion until transparent. Add spinach and fry for 5 minutes, stirring frequently.
6. Add pine nuts or walnuts, salt and pepper to taste, nutmeg and lemon juice. Cook for a further 5 minutes or until moisture has evaporated. Leave until cool.
7. Punch down dough and roll out on a lightly floored board until 5mm (¼ inch) thick. Cut into 10cm (4 inch) rounds; Place rounds on a cloth and cover with another cloth.
8. Place a tablespoon of spinach filling in centre of each round and bring up sides at three points to form a triangular shape. Press edges very firmly with fingertips to seal pies completely. Care must be taken that the oily juices of the spinach filling do not get on the edge of the dough. If this happens, dip finger in flour and dab onto dough before sealing.
9. Place pies close together on lightly oiled baking sheets and bake in a moderately hot oven for 15 minutes or until lightly coloured and cooked. For a golden brown top place briefly under a hot grill. Serve hot or warm.