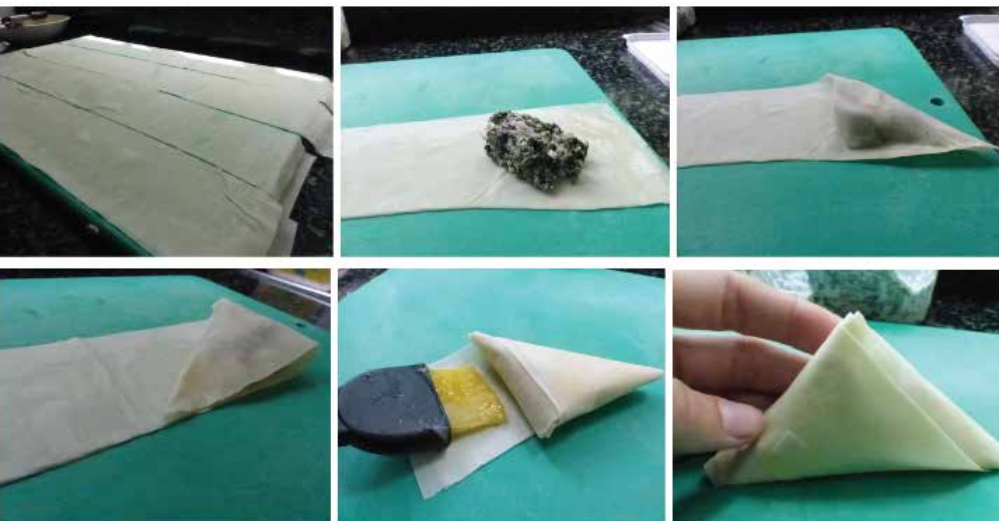




ARLETTE'S STUFFED SPINACH PARCELS

PREP TIME: 1 hour

COOK TIME: 15 mins

SERVES: 8

INGREDIENTS

1 packet of filo dough
2 bunches of spinach
100ml Milk
1 onion (diced)
4 cloves garlic (crushed)
2 cups cream cheese
Salt, pepper, nutmeg

METHOD

PREPARE THE FILLING:

Wash spinach and remove stalks. Place spinach into a saucepan and close lid, turning heat on and allowing water to be released from the spinach. Pour away the water and add milk to the spinach and bring to a boil again. Drain all the liquid and squeeze as much moisture out of the spinach as possible.

Fry the garlic, onion and spinach in butter, adding the nutmeg, salt and pepper simultaneously. When the onions have turned golden in colour, mix in the cream cheese and once thoroughly combined, turn off and allow it to cool.

FILO DOUGH:

Lay out one layer of filo dough and brush with butter. Top with another layer of dough and repeat with butter and a third layer of dough. With a sharp knife cut rectangle into 3 evenly sized pieces. Place a heaping tablespoon of the spinach mixture in lower left corner of one of the pieces and fold up as you would a flag--folding the lower corner up to form a triangle and continuing to fold up in the shape of a triangle.

Place triangles on a baking sheet (*at this point they can be frozen and stored in an airtight container) and butter the outside on both sides. Bake for 15 minutes in a hot oven or until golden brown and puffed.



Mix in dried herbs, nuts, seeds or spices for variety and added flavor



Camping tip: prep and freeze to heat and serve for an easy treat on the go.



COOKSWELL OVEN COOKING TIPS

Begin cooking when the coals are lit. The charcoal should look grey and there is no smoking. Close small air inlet doors according to the amount of heat needed – (open for more heat, close for lower heat).

When you put your dish into the oven, make sure the dish doesn't touch the sides of your jiko. Once you've finished cooking your spinach parcels you can use your oven for any other items you need to cook.

If you are done cooking, leave the doors open to let the oven slowly cool down. When the doors and grill are warm to the touch, use a supabrite or durable cloth to wipe off any food that has spilled. This reduces wear and tear, as well as keeps dishes from retaining a smoky flavor.

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