



*sharing our Greek culinary heritage*

## *Kelly's Cretan Bougatsa*

*"A cheese lover's dream!" Kelly*

### *You will need...*

- 200ml full-cream milk
- 20g corn flour
- 20g butter
- 150g Meredith's Goat Cheese
- 100g ricotta, not too firm or too soft
- 100g feta
- 8 sheets fillo pastry - to make 2 bougatsa parcels
- 100g butter, then clarified

### *Preparing the béchamel*

- Place the corn flour in a small bowl with about a quarter of the milk - mix well
- Place the remaining milk in a small pot, along with the milk-corn flour mixture and heat on medium heat, while stirring continuously - be sure to stir around the edges of the pot
- Continue heating and stirring until it thickens and begins to bubble
- Remove from the heat and add the 20g of butter - mix in well

### *Preparing the bougatsa filling*

- Combine the goat's cheese, ricotta, feta and béchamel sauce - set aside

### *Making the bougatsa*

- Take one fillo sheet and lay it on your work surface horizontally
- Baste it all over with the butter, sparingly

- Lay another fillo sheet on top and baste it
- Repeat with a third fillo sheet
- Take a 4<sup>th</sup> fillo sheet and baste the left half of it, before folding the right half over the left
- Baste the bottom half of the folded 4<sup>th</sup> fillo sheet, before folding the bottom half over the top half
- Place the folded fillo sheet in the centre of the 3-stack fillo pile, in a horizontal orientation
- Spoon half of the cheese filling onto the folded fillo sheet and spread it evenly across the folded fillo
- Begin folding the 3-stack pile of fillo. Fold the left section towards the centre and baste it. Fold the right section towards the centre making sure it overlaps a little with left section and baste it too. Fold the bottom half up and baste it. Fold the upper half down, making sure it overlaps a little with the upper section and then baste it.
- Using a wide/long spatula flip the bougatsa parcel onto a baking tray lined with baking paper, so the fillo seam faces downward
- Baste the top of the bougatsa
- Repeat this process with the remaining fillo and filling
- Bake the bougatsa in an oven preheated to 180°C for 20-25 minutes, or until the bougatsa are a lovely golden-brown colour

### *Serving the bougatsa*

- Allow the bougatsa to cool for 10 minutes before sprinkling them with caster sugar and dusting them with ground cinnamon generously
- Cretan bougatsa are traditionally cut into 8 pieces – slicing once lengthways and three times widthways
- Kali Orex!