



sharing our Greek culinary heritage

Ros' Katoumari

(A celebration sweet from the island of Kastellorizo - also known as the "Queen of all Kazzie Sweets")

You will need...

500g plain flour
1/4 teaspoon salt
1/2 teaspoon vinegar
20ml olive oil
375ml warm water
400g butter, regular (not unsalted)
Sugar
Ground cloves

Preparing the dough manually

- Mix together the flour and salt
- Add the olive oil and vinegar and combine well - it will have the texture of oily, clumpy flour
- Add the water and combine well
- Turn your dough onto a floured work surface and knead it for 5-10 minutes
- Place the dough in a bowl, cover it with a clean damp towel (wet the towel completely and wring it out) and leave it to rest at room temperature for at least 1 hour (2 hours is better and 3-4 hours is even better)

Preparing the dough with a stand mixer

- Mix together the flour and salt in the bowl of a stand mixer
- With the stand mixer on a low setting (3/10), add the vinegar and then simultaneously pour in the EVOO and the water
- Knead the dough for 5 minutes at the low setting and then for 10 minutes on a medium-high setting (6/10)

- Leave the dough in the stand mixer bowl (Ros prefers to transfer the dough to a glass bowl) covered with cling wrap and a towel, to rest at room temperature for at least 1 - 1 1/2 hours

Preparing the Katoumari

- Melt 100g of the butter and leave it to cool
- Divide the dough into 2 equal balls and return one to the bowl (either covered with cling wrap or a damp towel)
- Using a **maxoxilo/plastri/Greek rolling pin**, roll out the other ball of dough on a **well floured** work surface till a 40cm disc forms
- Continue to dust the fillo sheet and your work surface with flour to ensure the fillo does not stick to your rolling pin or your work surface
- Flour the disc and roll it onto your rolling pin, leaving a small section of it unrolled at the end. Raise the rolling pin a short height off your work surface and quickly rotate it forward to create a flipping action (this is an optional stretching technique) - repeat a few times
- Using your fists and forearms gently raise the fillo sheet and carefully move it around in a circular movement - the disc should get bigger and bigger and bigger
- You can also leave the fillo sheet on your work surface and gently lift the fillo with your hand, place your other hand under the fillo sheet - halfway between the centre and the fillo edge - and carefully draw the fillo out with your hand and lay it back down again - continue to do this moving around the entire perimeter of the fillo sheet
- If a hole forms do not fret, keep going
- Stretch it till it is approximately 80cm in diameter
- Baste the fillo sheet lightly with the cooled melted butter, ensuring the entire sheet is covered - you will use approximately 3/4 of your melted butter
- Create a hole in the centre of the fillo sheet and from this central hole roll the fillo on to itself in an outwards direction, until you achieve one large, completely rolled fillo rope/coil
- Cut the rope at one point
- Then using your two hands, alternating one in front of the other, hold on to the rope and gently squish the entire length of the rope
- Take the cut ends of the rope and create 2 coils of the same size, that are attached at the base (the coils are neither too tight nor too loose)
- Baste both of the coils with more butter and then lift, twist and place one of the coils on top of the other
- Place the layered coils on a large piece of baking paper
- Using your rolling pin, roll out the layered coils until you achieve a large disc - approximately 25-30cm - that fits nicely into your fry pan (See Key Points below)
- If the dough becomes sticky, brush it lightly with melted butter
- Heat a medium-large fry-pan on medium heat before adding 20g of butter and melting it until it begins to froth and bubble
- Transfer the katoumari to the fry-pan (use the baking paper to flip it in)

- Keeping the pan on medium heat, fry the katoumari for approximately 12-15 minutes until the entire base is golden-brown
- Check the underside of your katoumari to see if the edges have browned
- Move your pan around your cooking element to ensure all of the katoumari edges brown
- Using a large spatula, flip the katoumari
- Add 10g of butter to the pan and fry the katoumari until the entire base is golden-brown too
- You are aiming to achieve a toasty, crunchy exterior and soft, fluffy interior
- When the katoumari is golden and crispy on both sides, transfer it onto clean baking paper and sprinkle it lightly with water - you will hear a little sizzle
- Using the baking paper fold the katoumari in onto itself to reveal all its layers - you can use your hands to do this too
- Sprinkle it **generously** with sugar and ground cloves, so that the internal fillo layers are dusted too!

Serving the Katoumari

- Enjoy it warm! Kales Chares!!!!

Repeat this entire process with the other ball of dough!

Key points

- When you have rolled out your double coil stack, you can vacuum pack and freeze your katoumari... and then after defrosting it, fry it to golden-brown perfection
- Katoumari can also be cooked and then frozen. After defrosting, gently warm through either in the oven (wrapped in baking paper and foil), the microwave (wrapped in baking paper) or in a frypan.
- The dough can be made up to a day ahead, stored in fridge in a glass bowl tightly sealed with cling wrap
- Always discard any butter in the pan before frying another katoumari