



sharing our Greek culinary heritage

Victoria's Badzina

A recipe from Thessalia, Greece

You will need...

1kg zucchini, grated
1-2 teaspoons salt
A mixture of mint, fennel fronds, thyme (or any other herbs you like)
4 eggs
350g feta, crumbled thickly for the filling
200-300g strained Greek yoghurt
Salt and cracked pepper to taste
1-2 tablespoons extra virgin olive oil, EVOO
Zest of 1 lemon
300-350g spelt flour, sifted
Polenta, medium grit
100-120g feta, crumbled on top of the badzina
More EVOO for drizzling

Preparing the badzina

- Massage the salt into the zucchini and leave for at least 1 hour to rest
- Place large handfuls of the zucchini in the centre of a clean tea towel, pull up the four ends of the tea towel around the zucchini and bring them together, twist the end of the tea towel to remove as much moisture from the zucchini as possible
- Add the eggs, 350g of thickly crumbled feta, yoghurt, salt, pepper, EVOO, lemon zest and enough spelt flour to bring the batter together
- Combine well
- Baste the base and sides of a 40cm diameter baking tray with 1 tablespoon EVOO, before sprinkling liberally with polenta and ensuring the entire base and sides of the pan are coated with polenta

- Pour the badzina mixture into the pan
- Grease your hands with EVOO and pat the batter down, spreading it evenly across the pan
- Crumble 100g feta evenly across the top
- Drizzle with a little olive oil on top
- Bake at 180°C for 1 hour or until golden-brown on the base and on top

Serving the badzina

- Allow to cool briefly before serving
- Kali Orexi!