

Spinach Triangles

Type: **Serves:** 48 triangles **Recipe source:** Taste.com.au

Fresh from the garden: lemon, spinach

COOKS NOTE: Pine nuts can be added to filling to increase flavour

EQUIPMENT: Large saucepan 2 cookie sheets (flat oven trays) Chopping board Cooks knives Grater Large Red Bowl TO SERVE: 3 small platters 3 tongs	INGREDIENTS: 1 bunch English spinach 1 Granny Smith apple, grated 1kg fresh ricotta cheese 2 eggs finely grated rind of 1 lemon 16 sheets filo pastry 2 tablespoons olive oil Salt and pepper
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What to do:

1. Preheat oven to 180 deg.
2. Separate spinach leaves. Fold each spinach in half lengthwise and holding your palm on the green part of the leaf rip the stem off towards the top taking off the stem and the vein up the middle of the leaf. Do this to all leaves.
3. Clean sink and fill half full with cold water. Put all de-stemmed leaves into sink and swish thoroughly for a few minutes to wash.
4. Put leaves out onto dish rack, empty the sink and refill with fresh cold water. Put leaves back in and swish again to remove any remaining dirt. Drain again on dish rack.
5. Fill small sink half full with cold water and add ice cubes. Refill tray and put in freezer
6. Fill saucepan half full of water, add a pinch of salt and put onto stove. Bring water to a rapid boil. Add half of spinach to pot and "Blanch" the leaves by cooking for no longer than 2 minutes. Spinach should be wilted but still bright green. Scoop spinach out with a slotted spoon and place into bowl and then dump leaves into ice water in sink. When cool drain leaves in a colander in other sink. Repeat this step until all spinach is cooked.
7. When drained well chop spinach until finely shredded
8. Break eggs one at a time into a small bowl, whisk lightly and add to large red bowl until all eggs in red bowl.
9. Grate Apple finely. Squeeze out all moisture and add to red bowl.
10. Zest lemon and add to red bowl
11. Squeeze all moisture from spinach and add to red bowl. Add ricotta and lemon rind. Season with salt and pepper. Mix well to combine.
12. Place 1 sheet of filo onto bench. Cut into 3 long strips. Keep remaining sheets of pastry covered with a damp paper towel so they don't dry out.
13. Place a tablespoon of spinach mixture in 1 corner of filo and fold diagonally, creating a triangle. Continue folding, taking care to retain triangular shape. Brush pastry with olive oil. Place onto baking tray. Continue with remaining pastry and spinach filling.
14. Put enough triangles for each class member and volunteers on baking tray and bake for 20 to 25 minutes or until golden and crisp.

15. Put remaining triangles into container and place in fridge to be frozen