

SPINACH PITA - A simple version by A. Lupu

3 cups flour
1 cup water
1 teaspoon salt
1 tablespoon salad oil
1/2 lb good butter
(like Land O Lakes)
1 pkg. frozen spinach
or about 1 lb. fresh
a few scallions or
1 onion (small)
~~1/2 cup milk~~
1 pound cottage cheese
2 eggs

(I use a large square wooden board over the table for rolling the dough. It seems to work better, for some reason. I also use a rolling pin that is about the width and size of pointers used in a classroom.)

Mix the flour and salt together. Add the water and salad oil and mix until a dough is formed. Knead gently. Roll the dough on a lightly floured surface as thin as possible.

(A good tip for preventing the dough from sticking is to lightly sprinkle the flour on the rolling surface from time to time, and on the dough as you are rolling it. You can also put some flour into your hand and rub the rolling stock occasionally.)

Brush with a pastry brush half of the melted butter on the dough. Cut into squares approximately 3 by 3 inches; there should be about 12 in all. Place the squares on top of each other, 7 in one pile, and 5 in the other. Or if you want, you can roll the squares into each other, overlapping one over the other, in the same group of 2 piles. Set aside (or refrigerate, as I do.)

Melt 3 tablespoons of the butter in a saucepan. Add the scallions and saute for 5 minutes, stirring frequently. Add the spinach, and continue stirring. ~~Add the milk, stir, and cook over medium heat for 2 minutes.~~ Beat the cottage cheese and eggs. Combine with the spinach and mix well. Preheat oven to 400°.

Roll and stretch the pile containing the 7 squares of dough, leaving them still in a pile, so that they cover a buttered cooking pan. (I used an enameled pan measuring about 10" x 15". I found a square utensil better for cutting the pie - with a pair of scizzors.)

Pour the spinach mixture on top. Roll and stretch the other pile so that it is large enough to cover the top of the pie plate. Seal the edges carefully, pressing down with the edges of a fork. Pour the remaining butter on top, pricking the top of the dough in several places with a fork.

Bake in a 400 oven for 30 minutes. Reduce the heat to 325 and bake 15 minutes longer.