

Tiropites (Greek Cheese Triangles)

From the kitchen of Shirley Wickersheimer

Ingredients:

1 egg + 1 egg yolk
8 ounces regular small curd cottage cheese
4-6 oz feta cheese- crumbled
1/8 teaspoon cinnamon
2 teaspoons sugar
Phyllo sheets
Approx. 1-1/2 sticks of butter (melted)

Instructions:

1. Beat eggs in bowl; add cottage cheese, feta cheese, cinnamon and sugar. Mix together – set aside.
2. Gently unfold phyllo. With a sharp knife cut in half through stacked phyllo, stack them together on a damp cloth so the phyllo does not dry out.
3. Take a single sheet of phyllo, butter it lightly and then fold in three's (one side to center then the other side to center).
4. Place a teaspoon of filling at center top, 1 inch from edge. Fold one corner over to form a triangle; continue folding over triangle to end of the phyllo strip (like folding of flag). Brush triangle with butter. Repeat until phyllo, butter and filling are all used.
5. Bake at 400 degrees for 15 minutes or until golden on ungreased baking sheets.

Cook's Comments:

To make half cheese and half spinach triangles (Spanakopitakia – Spinach Triangles) I add one 10 oz. package of thawed, drained chopped spinach and 2 tablespoons of dry onion flakes to the remaining cheese mixture after using half of sheets.

Freezing:

Baked Triangles

1. Cool baked triangles; layer in plastic container, using waxed paper between layers.
2. Bake directly from freezer at 425 degrees for 10 minutes.

Unbaked Triangles

1. Place on baking sheets lined with waxed paper. Place in freezer. When frozen, pack triangles in plastic containers or plastic bags and return to freezer.
2. Bake directly from freezer on ungreased baking sheets at 400 degrees for 25 minutes or until golden.
3. You can also par bake them so when you take them out of freezer and thaw them, you only need to finish baking at 350 degrees till golden brown about 10 minutes or so.

There are many recipes for cheese and spinach triangles. The above recipe is the one I use.