KALI OREXI

sharing our Greek culinary heritage

Marilena's Tiropsomo

A family recipe from Epirus, Greece

You will need...

360ml milk, lukewarm

7g active dry yeast

425g plain or all-purpose flour

1 ½ teaspoons salt

1 tablespoon dried oregano

100ml extra virgin olive oil

125g feta cheese, crumbled

Preparing the dough

- Heat the milk till it reaches 40-45°C
- Stir in the yeast well – set aside for 10 minutes.
- In a stand-mixer bowl, whisk the flour, salt and oregano together
- Add the milk-yeast mixture, stirring gently to incorporate fully
- Cover the bowl with a clean towel, place it in a warm spot for 1.5-2 hours – till the dough doubles in volume
- Add the olive oil and feta to the bread dough and using a dough hook on a stand mixer, mix till well combined on medium speed – about 2 minutes
- Cover the bowl with a clean towel again and place it in a warm spot to rise for 1 hour

Baking the tiropsomo

- Just before the dough completes its rise, preheat the oven to 190°C fan-forced
- Place a 24cm cast iron pot/skillet in the oven, until it is very hot
- Line the pot/skillet with baking paper
- Transfer the dough mixture to the pot/skillet
- Return the skillet to the oven and bake for about 45 minutes or so, or until golden brown on the top and the bottom.
- Remove from the oven and let the bread cool for 10 minutes in the skillet, before placing it on a wire rack to cool completely

Serving the tiropsomo

- Cut and enjoy! Kali Orexi!