KALI OREXI

sharing our Greek culinary heritage

Ruth's Ponitakia Pisia

A dish featured in Ruth Bardis' cookbook "Hellenic Kanella"

You will need...

4 cups all-purpose flour

2 teaspoons instant yeast

5 tablespoons extra virgin olive oil (EVOO), divided, plus more for shallow frying

1 ½ teaspoons salt

1 ½ cups lukewarm water (this is approximate-depending on your flour, you may need a little more or less)

375g feta cheese, crumbled

2 teaspoons dried oregano

Preparing the pisia dough and filling

- Mix together the flour, yeast, 2 tablespoons of the olive oil, and salt
- Slowly add the water, mixing the ingredients together with a wooden spoon or your hand to the make dough – it must not be too sticky or too dry
- When the dough has come together, move the dough to a lightly floured board or bench and knead it well for approximately 8 minutes – the dough should be soft and smooth
- Cover it and allow it to rest for 20 minutes
- Combine the cheese, the remaining 3 tablespoons of olive oil, and the oregano in a small bowl and set aside

Preparing the pontiaka pisia

- Divide the dough into 14 pieces – approximately 60g each and set aside on your bench covered with a damp towel
- Take a piece of dough and roll it into a ball using your palms or using a circular motion on your bench
- Using a rolling pin, roll out the dough ball into a circular disc – until approximately 10cm in diameter
- Take 25-30g of the cheese filling and place it in the centre of the dough disc

- Bring the sides of dough disc together to enclose the cheese filling
- Flatten the pisia with your palms, and then, on a floured bench, gently roll out with a rolling pin, until about 10-15cm in width – smaller pisia will be softer and fluffier; larger pisia will be thinner and crispier
- Heat 3-4 tablespoons of EVOO in a small fry-pan on medium-high heat
- Add one flatbread at a time, cooking it until golden brown on both sides – it should take no more than 2-3 minutes on each side
- Repeat this process until all the flatbreads are cooked.

Serving the pontiaka pisia

- Drizzle with honey and dust with cinnamon and enjoy warm!
- Kali Orexi!