



Bougatsa with phyllo and cheese

20'
Hands on

50'
Cook Time

12
Portion(s)

1
Difficulty



Ingredients

For the béchamel

- 50 g butter
- 50 g all-purpose flour
- 500 g milk
- 500 g feta cheese
- 1 egg
- pepper

For the bougatsa

- 200 g gruyere cheese, grated
- 500 g phyllo dough sheet
- 150 g olive oil, for spreading on the phyllo
- 10 g sesame seeds, black

Διατροφικός πίνακας

Nutrition information per portion

482 Calories (kcal)	32.0 Total Fat (g)	15.0 Saturated Fat (g)	30.0 Total Carbs (g)
24%	46%	75%	12%
3.2 Sugars (g)	17.0 Protein (g)	1.0 Fibre (g)	1.6 Sodium (g)
4%	34%	4%	27%

Method

For the béchamel

- Heat the butter in a **pot** over medium heat.
- When the butter melts, add the flour to the pot and **whisk** until you have a thick paste. Scrape down the sides to make sure the flour doesn't burn.
- Add the milk in batches whisking at the same time so that lumps are not formed in the béchamel.
- Remove pot from heat and **crumble** the feta. Add it to the pot along with the gruyere.
- Add the egg and pepper continuously whisking.
- Transfer the béchamel to a **bowl**. Cover with plastic wrap and refrigerate until needed.

For the bougatsa

- Preheat oven over 180° C (355* F) Set to Fan.
- Add the phyllo one by one to a 30x40 cm **baking pan**. Brush with lots of olive oil between each phyllo.
- Spread the filling above the phyllo in the baking pan, leaving a 2 cm space from the edges.
- Cover with the rest of the phyllo, brushing with olive oil in between.
- Turn the edges of the phyllo inwards to make the brim of the pie.
- Score the top of the pie into 12 pieces, sprinkle with black sesame and bake for 40-50 minutes in the oven.