



Greek goat Cheese and Caramelized Onion Turnovers - Tiropitakia

1 hour 30
minutes

Hands on

30
Portion(s)

1
Difficulty



Ingredients

For the filling

- 3 tablespoon(s) olive oil
- 1 teaspoon(s) fennel leaves, seeds
- 2 onions, large, yellow, cut into thin slices
- 1 teaspoon(s) salt
- pepper, freshly ground
- 1 tablespoon(s) mustard, dijon strong
- 120 g goat cheese, roll, at room temperature

For the turnovers

- 10 phyllo dough sheets
- 125 g butter, melted, at room temperature

Διατροφικός πίνακας

Nutrition information per portion

103 Calories (kcal)	8.6 Total Fat (g)	4.8 Saturated Fat (g)	4.7 Total Carbs (g)
5%	12%	24%	2%
1.1 Sugars (g)	1.5 Protein (g)	0.53 Fibre (g)	0.32 Sodium (g)
1%	3%	2%	5%

Method

Photo credit: G. Drakopoulos - Food Styling:

T. Webb

For the filling:

- Heat a [pan](#) over high heat. Add 1 tablespoon of olive oil. Add the fennel seeds and sauté for ½ a minute.
- Add the onions, salt and pepper. Lower heat and let the onions sauté very slowly, until they soften and turn golden.
- This may take up to 20 minutes. You do not have to stir the mixture continuously while sautéing but you should stir often. When the onions moisture starts to evaporate and it starts to dry out, you should stir more often.
- Transfer onion mixture to a bowl and set aside to cool. When it has cooled add the mustard and cheese. Stir to combine and taste mixture to check if it needs more salt and pepper.
- Set aside until the phyllo dough sheets are prepared.

For the turnovers:

- You need to work quickly when dealing with phyllo dough sheets or make sure you keep them covered with a moist towel so that they don't dry out.
- Spread a sheet of phyllo dough on a clean working surface. The wider side should be facing you.
- Use a pastry brush to brush melted butter onto phyllo dough sheet.
- Spread another sheet of phyllo dough over it.
- Brush lightly with melted butter.
- Use a [sharp knife](#) to cut the phyllo dough sheet into 6 strips. Your knife should run parallel to the shorter side of the phyllo dough sheet. You should have 6 double layers of buttered sheets.
- Add a full teaspoon of filling to the right hand corner of the first strip. Start to fold the strip over to create a triangle. Continue folding the triangle over on itself until your reach the end of the strip. Do the same for the rest of the strips.
- Repeat the same process with the remaining phyllo dough sheets.
- Preheat oven to 180* C (350* F) Fan.
- Place each triangle on to a [baking pan](#), "seam" side down. Brush with some melted butter.
- Bake for 20-25 minutes, until golden brown.
- Remove from oven and transfer to a wire rack to cool.