



# Mini kourou dough cheese pies

30'  
Hands on

20'  
Cook Time

16  
Portion(s)

1  
Difficulty



## Method

### For the dough

- In a bowl, combine the flour, sugar, baking powder and salt in a bowl.
- Add the vinegar, yogurt, olive oil and sunflower oil.
- Mix with a spoon until all of the ingredients are completely combined and the mixture comes together nicely.
- As soon as the dough starts to form, continue kneading by hand.

### For the filling

- In a bowl, add the feta and break it apart with a fork.
- Add the thyme, oregano and mint.
- Mix with a fork and add the pepper and yogurt to help keep the mixture together.
- Mix.

### To assemble

- Preheat oven to 180\* C (360\* F) Fan.
- Lightly knead the dough on a clean working surface. Do not knead for too long so that it doesn't release any oil.
- Cut the dough into 16 equal sized pieces.
- Lay a sheet of parchment paper on your working surface and place a piece of dough on it.
- Spread it out with your hands and then roll it out with a rolling pin until it is 10-13 cm in diameter.
- Place 1 tablespoon of the filling in the center and brush the edges all the way around with water so that it can stick together when closed.
- Fold the dough over, using the parchment paper to help you and press down on the edges with a fork to seal and form a little pie.
- Repeat the same process until all of the pieces of dough are filled.
- Brush the tops with an egg yolk and sprinkle with sesame seeds.
- Bake for 15-20 minutes, until golden.
- When ready, remove from oven and serve.

## Ingredients

### For the kourou dough

- 425 g all-purpose flour
- 175 g strained yogurt
- 150 g seed oil
- 50 g olive oil
- 1 pinch salt
- 1/2 teaspoon(s) granulated sugar
- 1 teaspoon(s) baking powder
- 1/2 tablespoon(s) vinegar
- sesame seeds, to sprinkle
- 1 egg yolk, for brushing

### For the filling

- 230 g feta cheese
- 1 tablespoon(s) thyme, fresh
- 1 tablespoon(s) oregano, fresh
- 1 tablespoon(s) mint, fresh
- pepper
- 1 tablespoon(s) strained yogurt

## Διατροφικός πίνακας

### Nutrition information per portion

263 Calories (kcal)	17.0 Total Fat (g)	4.1 Saturated Fat (g)	21.0 Total Carbs (g)
13%	24%	21%	8%
1.5 Sugars (g)	6.0 Protein (g)	1.3 Fibre (g)	0.49 Sodium (g)
2%	12%	5%	8%