

Greek Filling 希腊风味馅料

This Greek-style filling can be used with a variety of recipes. For example, on top of homemade french fries or within any type of pastry for spanakopitas. This filling could also be used with homemade or store-bought pie/tart fillings.

这个希腊式馅料适合用来做种样不同的食谱。比如浇在薯条上或用在西班牙馅饼里。这种馅料还可以包到馅饼和派里，无论是超市买的皮或者自制的派皮。

For this filling you will need:

做这个馅料所需要的东西：

- Leafy greens ~ 1 bunch (kale, spinach, and/or swiss chard, beet greens)
一把绿色蔬菜（列如羽衣甘蓝、菠菜、牛皮菜、甜菜叶）
- Feta cheese ~ 1-2 cups of feta cheese
一到两杯羊奶酪
- Extra firm tofu ~ ⅓ to ½ of tofu brick, depending on how much protein you'd prefer
⅓ -1/2 块比较紧实的豆腐
- Garlic (3-4 cloves or more if you're a big fan of garlic)
三四个蒜瓣（根据自身喜好可以多加）
- ½ Lemon
半个柠檬
- Spices to taste: pepper, salt, and oregano* (a Greek spice blend would also serve)
香料调味：胡椒、盐、牛至（如果有希腊调料也可以用来做）
- Green onions (these are optional and can be included while sauteing the garlic)
小葱（随意加到炒蒜的时候）



Instructions:

步骤：

1. Prepare produce by mincing garlic and chopping vegetables 把蒜切成末，蔬菜剁碎。
2. Sauté garlic with your preferred oil or fat source. 用油或其他油脂炒香蒜末。
3. Keep the pan on high and place leafy greens in the pan to briefly cook for around ~2-3 minutes. The aim here is just to slightly cook the greens to make them more tender for later recipes. 把火调高，加入蔬菜然后翻炒2-3分钟。目的只是把蔬菜稍微炒嫩。
4. Crumble tofu, seasoning, feta cheese in a medium sized bowl. Squeeze $\frac{1}{2}$ a lemon and mix. 将豆腐羊奶酪掰碎放在一个盆里。挤半个柠檬的汁水，加入合适的香料调味拌。
5. Once the greens have cooled, mix leafy greens with feta/tofu mixture. 等到蔬菜凉至常温，加入到豆腐奶酪的盆里混合。





That's it! You've prepped the Greek-style filling which can be used for spanakopitas, tarts, pies, wraps, french fries, etc..

这就完成了！你准备好了这个希腊风味馅料，可以加到各种各样的食谱比如菠菜批、挞、派、薯条，也可以卷在饼里。

Greek-Style Poutine 希腊式奶酪薯条

For this filling you will need:

做这个食谱所需要的材料：

- 1/2 batch of Greek filling 1/2 批希腊风味馅料
- 4-5 new potatoes 4-5 个新长的土豆
- 1/2 tsp of oil for oven pan 1/2 小勺油
- *parchment paper if the oven pan isn't non-stick. 锡纸, 如果烤盘容易粘锅

Instructions:

步骤：

1. Peel potatoes 削土豆皮
2. Cut potatoes into preferred matchsticks. The thickness of the french fries does not matter, but will affect the length of cooking time. 把土豆切成喜欢的长/粗块。长/粗程度可以会影响烤的时间。



3. To cut down on cooking time, you can prep the potatoes earlier by placing the matchsticks into a container with salt and leaving them (for a couple hours or while your oven pre-heats to 400 F degrees) to remove some of the starch. 如果想要减少烘烤时间, 可以提前把土豆准备好, 加入盐。等烤箱加热的时候把土豆放到烤箱里可以蒸掉一部分土豆里面的淀粉。

4. Place fries on a baking tray over greased parchment paper. 撒一点油在烤盘上，把土豆条均匀地摆在上面。
5. Cook for around 10 minutes or until fries start to brown or appear crispy. 烤大概十分钟左右，直到表面开始看起来金黄酥脆。
6. Once fries have some colour, turn the fries over. Add however much Greek-style filling on top of the fries. 等到土豆条有颜色了，用铲子把它们翻到另一面。加入适量的希腊风味馅料。
7. Place fries back in the oven to cook for another ~10 minutes or until topping appears cooked. 把烤盘再次放入烤箱烤十分钟左右，直到配料看起来熟了。
8. Once fries are cooked to desired crispness, take them out of the oven. 等到薯条烤到合适的脆度，从烤箱里拿出来。
9. Enjoy! 享用！

