



Recipe from: [My Catholic Tradition](#)

## SPINACH AND OLIVE BITES

Makes 30

2 cups all-purpose flour  
7 oz butter, cut into 1/4-inch cubes

### Filling

2 1/4 oz English spinach leaves  
3 1/2 oz feta cheese  
2 tbsp chopped pitted black olives  
2 tsp chopped fresh rosemary  
1 garlic clove, crushed  
2 tbsp pistachios  
1 egg, lightly beaten

Sift the flour into a large mixing bowl.  
Stir in the cubed butter until just combined.  
Make a well in the center of the flour and add 3/4 cup of water.  
Mix to make a slightly sticky dough with a knife, adding more water if necessary.  
Gather dough into a ball.  
Turn onto a well-floured surface, and lightly press together until almost smooth.  
Do not overwork the dough.

Roll out to a neat 8 x 16 inch rectangle, keeping the corners fairly square.  
Fold the top third of the pastry down and fold the bottom third of the pastry up over it.  
Make a quarter turn to the right so that the edge of the top fold is on the right.  
Re-roll the pastry to a 8 x 16 inch rectangle, and repeat folding step.  
Wrap pastry in plastic wrap and refrigerate for 30 minutes.  
Repeat from step 8, giving a roll, fold and turn twice more.  
Refrigerate for 30 minutes.

Roll out pastry on a well-floured surface to a 1/8-inch thickness.  
Cut out thirty 3- inch rounds.

Preheat oven to 350°F.  
Brush a large baking tray with melted butter or oil.  
Wash and dry the spinach thoroughly.  
Shred the spinach finely and place in mixing bowl.  
Crumble the feta on top of the spinach then add olives, rosemary and garlic.  
Spread the pistachios on a baking tray and toast under a moderately hot grill (broiler) for 1—2 minutes.  
Cool and chop the pistachios finely.  
Add to the spinach mixture with the egg, stir until well combined.  
Place 2 teaspoonfuls of mixture in the center of each round, fold in half and pinch edges to seal.

Place on prepared tray, brush lightly with beaten egg and bake for 15 minutes, until golden and crisp.  
Serve hot.

Notes:

Folding and rolling gives the pastry its flaky characteristics. Flaky pastry can be made up to one day in advance. Store in the refrigerator. Assemble the bites and cook just before serving.

Homemade flaky pastry is delicious and worth the effort if time permits. Have all the ingredients, equipment and room temperature as cool as possible—if it's too warm, the butter in the pastry will melt, making it difficult to work with.

Frozen puff pastry may be substituted in this recipe. Use ready-rolled sheets of butter puff pastry for best results.

Feta cheese is available from delicatessens and supermarkets. It is a dry white cheese, cured in brine. The Bulgarian and Greek varieties are strongest in flavor. Originally made from goat's or ewe's milk, nowadays it is often made from cow's milk.