Fiery Peppered Feta with Pita Bread

Author: Joanne Weir, author and cooking instructor

Carolyn T's Cookbook

Servings: 6

Yield: 2 cups



Notes: Joanne Weir recommended barrel aged Feta (from Greece) if you can find it. Locally it is carried at Whole Foods. Be careful about adding salt - many Feta cheeses are quite salty all by themselves and the dip may not need even one more grain. The dip is spicy - if you're sensitive to it, reduce the amount of cayenne. If you like the heat, add just a bit more. The paprika gives the dip a nice warm glowing color. Don't forget to drizzle the olive oil over the top when it's served.

Description: Spicy dip which goes a long ways.

Preparation Time: 20 minutes

Start to Finish Time: 24 hours

1 cup yogurt, Greek style, if available
Salt to taste, or may not need any at all
10 ounces Feta cheese
2 whole garlic cloves, minced
1/4 teaspoon cayenne
1 1/2 teaspoons paprika, sweet type (plain) not smoky or hot
1 1/2 tablespoons extra virgin olive oil
3 whole pita bread rounds
Black olives (imported) as garnish, if desired, or Italian parsley, minced

Categories: Appetizers

Blog: Carolyn T's Blog: http://tastingspoons.com

Per Serving (excluding unknown items): 265 Calories; 15g Fat (51.5% calories from fat); 11g Protein; 21g Carbohydrate; 1g Dietary Fiber; 47mg Cholesterol; 707mg Sodium. Exchanges: 1 Grain(Starch); 1 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 2 1/2 Fat; 0 Other Carbohydrates.

1. If using Greek yogurt, there is no need to drain it. If traditional yogurt, drain the yogurt in a paper-towel lined sieve for at least 4 hours, or overnight (covered).
2. Preheat the oven to 400°.
3. Place the yogurt, 1/4 tsp. salt and Feta cheese in a bowl and with a fork mash together to make a smooth paste. Or, it can be pulsed in a food processor until smooth. Add garlic, cayenne, paprika and 1 T. of olive oil. Season with salt and pepper and mix well. Refrigerate, or serve immediately. It is best served at room temperature.
4. Wrap the pita bread in foil and heat in oven for 10 minutes. Meanwhile, spread the cheese puree on a serving plate, drizzle with 1/2 T. of the olive oil, garnish with olives. Cut up the hot pita bread and serve.