

# Spinach Fatayar

a recipe from [www.maureenabood.com](http://www.maureenabood.com)

*This recipe makes about 30 of either spinach or meat fatayar using a 4" round cutter.*

*For the dough:*

1 tablespoon active dry yeast

1 teaspoon sugar

1 ¼ cups warm water

3 cups all-purpose flour

1 teaspoon salt

1/3 cup canola oil, plus more to coat the pans

2-3 tablespoons olive oil, to coat the fatayar

Proof the yeast by dissolving it in ¼ cup warm water with the sugar and letting it activate for about 15 minutes.

Whisk together the flour and salt. Create a well in the center and add the oil and proofed yeast mixture. Using a stand mixer fitted with the hook attachment or by hand, slowly work the wet ingredients into the dry, adding the 1 cup of water slowly. Hold back ¼ cup and add only as necessary to create a sticky dough.

Knead by hand or with the dough hook in the mixer until the dough is very soft, smooth, and tacky/sticky to the touch (but it should not leave dough on your fingers when touched).

In a clean bowl at least twice the size of the dough, coat the dough and the sides of the bowl with oil. Coat with oil, cover with plastic wrap and let rise in a warm spot until doubled, about 90 minutes.

*For the spinach filling:*

8 cups of fresh spinach, chopped or 2 lbs. frozen chopped spinach (thawed, drained, and squeezed dry)

1 ½ cups yellow onion, finely diced

1 teaspoon salt

¼ teaspoon freshly ground black pepper

¼ cup freshly squeezed lemon juice

½ teaspoon cinnamon or allspice

½ cup toasted pine nuts whole or toasted walnuts, chopped

If using fresh spinach, sprinkle with the salt in a medium bowl. Set aside to macerate for 10 minutes, then squeeze the spinach of as much juice as possible. Discard juice. If using frozen spinach, squeeze as much juice as possible, and discard juice.

Combine the spinach and onion. Just before filling the pastry, add cinnamon or allspice, pepper, and lemon juice. If using frozen spinach, add salt (fresh has already been salted to remove the juice). Taste and adjust seasoning.

*To fill and bake the fatayar:*

Preheat the oven to 375 degrees. Brush two heavy baking sheets with canola oil.

Roll the dough out on a dry work surface to 1/8-inch thickness. Gently lift the dough from the edges to allow for contraction. Cut dough into 4-inch rounds. Cover with plastic wrap.

Fill the rounds of dough by placing a heaping tablespoon of filling in the center of each round. Be careful not to let the filling touch the edges of the dough where it will be gathered together and closed. A good way to keep the filling in the center is to lower the spoon with the filling over the center of the dough (parallel to it) and use your fingers to slide the filling off the spoon and into the center of the dough circle. Place three nuts on top of the filling; this method works better than adding the nuts to the filling because it's easier to be sure each fatayar has enough nuts.

Bring three sides of the dough together in the center over the filling and pinch into a triangle. Close the dough firmly.

Place the fatayar on the baking sheets and generously brush or spray the dough with olive oil. Bake in the middle of the oven for 18-20 minutes, or until golden brown. Set the oven on convection bake for the last 5 minutes of baking to encourage browning.

Fatayar freezes well in a ziplock freezer bag and can be reheated from frozen, or simply thaw to room temperature and eat.

Serve fatayar warm or room temperature as an appetizer, or for a meal with a salad.

Fatayar make great picnic or road trip treats.