

Sweet Little Onion Parcels from Mykonos

Season: Autumn/Winter/Spring

Makes: 30 parcels

Fresh from the garden: eggs, red onions, rosemary, thyme

Recipe source: Adapted from *My Greek Family Table* by Maria Benardis (Penguin Lantern, 2009)

This recipe comes from Mykonos, Greece, where they grow beautiful onions in the rocky island soil. Rosemary is a herb from the Greek islands – its name (*Rosmarinus*) means ‘rose of the sea’ and it thrives in salty coastal gardens.

Equipment:

metric measuring spoons
and scales
clean tea towels
chopping board
cook's knife
whisk
small bowl
large frying pan
wooden spoon
large bowl
colander
mixing spoon
spoon
baking trays
serving platters

Ingredients:

3 tbsp olive oil
8 red onions, sliced
1 tbsp honey
2 tsp finely chopped fresh rosemary
2 tsp finely chopped fresh thyme
¼ tsp sea salt, to taste
¼ tsp freshly ground black pepper,
to taste
15 sheets of filo pastry
2 eggs, lightly beaten
300 g Greek feta, crumbled



What to do:

1. Preheat the oven to 180°C.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Heat the olive oil in the frying pan over a medium heat.
4. Add the onion and cook, stirring frequently, for 2–3 minutes or until the onion begins to soften.
5. Add the honey, rosemary, thyme, salt and pepper and cook, stirring often, for about 5 minutes or until the onion is caramelised.
6. Transfer the onion to the large bowl and set aside to cool to room temperature.
7. Cut the filo pastry sheets in half lengthways (see illustration 1). Stack them between two damp tea towels to prevent them from drying out.

8. Add the feta to the beaten egg and set aside.
9. Drain the cooled caramelised onion to remove any excess liquid, then return to the large bowl.
10. Add the feta and egg mixture to the onion and mix well.
11. To assemble the parcels, place 1 tablespoon of the onion mixture at one end of a strip of filo. Fold one corner over the filling to make a triangle that contains the filling (see illustration 2).
12. Fold the filled triangle towards the top end of the filo sheet. Keep folding to add layers of filo to the triangle until you reach the top (see illustration 3).
13. Transfer to the baking trays and bake for 30–35 minutes.
14. Serve hot.

