

## Helen & Eleni Zeniou - Helen's European Cuisine

### Ricotta Cheese

Serving Size:  
**1 large  
cheese**

### Ingredients

- 3L whole milk
- 2 cups heavy cream
- 1/3 cup white vinegar
- pinch of salt (optional)

### Method

1. Add milk and cream to a large pot on medium-high heat
2. Stir continuously so the milk heats evenly
3. Add salt (optional)
4. Just before it starts boiling (it should start foaming), turn the burner off
5. Immediately add the vinegar and stir, you will notice the milk start to solidify and rise to the top of the pan
6. Let the pot sit for about 20 minutes
7. Scoop the curds into a strainer or a cheesecloth in a bowl with a large spoon
8. Refrigerate overnight to harden



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## Fried Ricotta Cinnamon Pastries

*(Bourekia me Arani)*



Serving Size:  
**approx**  
**45-50**

### Ingredients

- 1/2 cup vegetable oil + additional for frying
- 2 cups plain flour, sifted
- 1 cup self-raising flour, sifted
- 3/4 cup water
- 1 kg ricotta
- 1/2 cup sugar
- 1/2 tsp cinnamon
- Icing sugar to decorate

### Method

1. To prepare the dough, mix the oil and flour, then gradually add the water
2. Knead the dough
3. For the filling, combine the ricotta, sugar & cinnamon
4. Roll out the dough and cut it into circles
5. Spoon portions of the filling into the centre and fold the dough over to encase the filling
6. Prick each pastry with a fork and brush the tops with vegetable oil
7. Deep fry in hot vegetable oil until golden brown
8. Once cooled, dust with icing sugar.