



Greece

# FETA

An authentic Greek feta cheese with PDO made from pasteurised sheep and goat's milk from the region of Epirus. Tasty, nutritious and with a delicate aroma.

DODONI feta cheese is known for its high quality.



IDEAL MEDITERRANEAN DIET  
LOW IN FAT  
GLUTEN-FREE



Portion 200 g



Epirus  
Greece

Feta is produced in a number of regions. One of them is the province of Epirus in the north-west of the country. It is one of the best preserved areas of Greece in terms of flora and fauna. It has a rugged terrain and predominantly alpine climate with abundant rainfall. It is a very rural area, where there are many shepherds and small milk producers.

## History and production

DODONI was established in the 1960s in the region of Ioannina, Epirus. The company was founded by 6 dairy cooperatives in the province 54 years ago, in 1963, and currently has the capacity to collect milk from 5,500 small farmers in the area.



Epirus sheep

The Mediterranean vegetation of the region and the humid and rocky terrain of its mountains give the milk and cheese a unique, typically Greek flavour and very characteristic wild-flower aromas.



Feta with the DODONI seal

## PAIRING

**Accompany with:** cucumber, dried tomatoes, olives, basil, oregano, etc.

**Wine:** fruity white wine, such as Verdejo or Albariño, or a light red wine.

**Beer:** Pilsner-style beer, wheat beer or white beer.

**Bread:** toast, fig or raisin bread, crackers.



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## Methods of use

Feta, thanks to its production process and packaging in containers, keeps perfectly for a long time.

It is preserved in brine to retain all of its flavour and aromas.

It can be consumed daily in our diet and in many different ways.

TYPE OF CUT		PREPARED HOT	PREPARED COLD
Dices/cubes		• With grilled vegetables	All kinds of salads with feta: lentil, Greek-style with tomato...
Crumbled		• Grilled on lasagne Pasta with feta (see Recipe 3) • Empanadas • Quiches • Pizza toppings	• Smoked salmon and black olive salad
Slices		• Grilled mini sandwich (see Recipe 1)	• Mini sandwich: feta with wholemeal bread, sun-dried tomato, olives
In sauces		• Béchamel for moussaka • Croquettes • Fritters	• Crudités • Salad (see Recipe 2)

## RECIPES



**FETA, PRAWN AND GRAPE MINI SANDWICH**

### INGREDIENTS

- 4 slices of feta
- 4 grapes
- 4 slices of bread
- 1 tablespoon of olive oil
- 4 prawn tails
- 4 skewers
- Salt and black pepper

 Very easy |  Serves 2 |  Suitable for children

### METHOD

Cut the feta into slices. Cut the grapes in half and remove the seeds. Cut the bread into slices and lightly toast in a toaster or oven at 180°. On a high heat, brown the cheese very quickly in a pan with olive oil and place on top of the bread. Also cook the prawns in a pan and season with a pinch of salt. Place a prawn on top of the cheese with a couple of grape halves and use a toothpick to hold everything in place. Finish with a grind of black pepper.

### NOTES

The cheese melts quickly in the pan, so this step should be done very quickly and with a spatula in hand to remove it straight away.

### INGREDIENTS

- 120 g feta cream
- 60 g peeled and seedless plum tomatoes
- 60 g cucumber
- 30 g red onion
- 15 g olive paste
- 20 ml extra virgin olive oil
- A few drops of lemon juice
- Salt and pepper
- FETA CREAM**
- 120 g feta
- 1/2 peeled garlic clove
- 30 ml extra virgin olive oil
- 15 ml water

 Easy |  Serves 2 |  Suitable for children

### METHOD

Blanch the tomatoes for 15 seconds, cool quickly and peel. Remove the seeds and cut first into strips and then into small dice. Peel and cut the cucumber also into small dice similar in size to the tomato.

Peel the onion and cut into very thin slices. Set aside in iced water until ready to be used. Mix the olive paste with the olive oil. For the feta cream, cut the garlic into uniform slices and brown

When the garlic obtains a light brown toasted colour, remove it from the heat and add the rest of the oil to stop it cooking. Chop the feta cheese into pieces and then crush it into a fine paste.



**GREEK SALAD WITH FETA CREAM**

### INGREDIENTS

- 70 g feta
- 160 g raw macaroni
- 100 g onion
- 70 g courgette
- 70 g sausage
- 25 g olive oil
- Oregano
- Salt and black pepper

 Very easy |  Serves 2 |  Suitable for children

### METHOD

Boil the macaroni in plenty of salted water. Cut the feta cheese, onion and courgette into cubes and the sausage into small pieces. On a medium heat, fry the onion with oil, stirring gently until brown, and set aside. On a high heat, brown the sausage and courgette with oil. Add the previously fried onion, macaroni, feta and oregano and sauté all together. Turn off the heat, season with salt and pepper, drizzle with extra virgin olive oil and serve immediately.



**MACARONI SAUTÉED WITH FETA, SAUSAGE, ONION, OREGANO AND COURGETTE**

VIDEOS OF THE RECIPES ARE AVAILABLE ON OUR APP



AND ALSO ON [www.iberconseil.es](http://www.iberconseil.es)