



Fried Feta with Sesame Seeds and Honey

MAKES 2-4 SERVINGS

After docking on Poros when my friend Piper and I toured three Greek islands, we found a beachside taverna serving fresh bread and fried feta. Before then, I'd never tasted feta, but the cheese became one of my favorites for its crumbly texture and briny essence. The honey drizzle enhanced the salty flavor, a lesson in flavor balance I use often in my cooking.

When I fry feta at home, I secure high-quality cheese and use honey from my neighbor's hives for drizzling. And I always serve it warm with bread or crackers (or set it atop salad greens for lunch).

INGREDIENTS

1- 9 ounces slab of Feta cheese

3 tablespoons sesame seeds

1 egg, beaten

3 tablespoons extra virgin olive oil

3 tablespoons all purpose. flour

½ cup. honey

PROCESS:

Pat the feta cheese dry with a paper towel. Place the beaten egg in a bowl, the flour in another bowl, and the sesame seeds in a third.

Heat the olive oil in skillet over medium-high heat. Press the cheese into the flour, coating all sides, then shake off excess. Dip into the egg and let excess drip off. Finally, press the cheese into the sesame seeds, coating all sides. Gently place the cheese into the hot oil and cook until golden brown on the bottom, about 2 minutes. Turn and brown the other side for about 2 minutes longer. Using tongs, hold the cheese so the sides can brown as well. Place on a serving plate, drizzle with honey, and serve with crackers or bread.