

SESAME-CRUSTED FETA WITH BLACK LIME HONEY SYRUP

(slightly modified from Ottolenghi)

serves 2

for the cheese:

1 block of Greek feta (360g), cut into 4 triangles

35g rice flour

1 large egg, well beaten

100g mixed black and white sesame seeds, lightly toasted

olive oil spray

for the honey syrup:

120g honey

1 tsp ground black lime

juice of 1 lemon

Line a small, shallow baking dish with parchment paper. Pat dry the feta pieces, then dip each piece in the flour, gently shaking off the excess. Coat in the egg, followed by the sesame seeds, making sure the feta pieces are completely coated. Transfer each piece to your prepared dish and refrigerate for 2 hours.

Heat the oven to 425 or use an air-fryer. Spray the coated feta pieces with the oil and bake from cold, for 18 minutes, very gently flipping the pieces over halfway, or until golden and warmed.

While the feta is baking, put the honey and black lime into a small saucepan on a medium-high heat. Once it starts to bubble, turn the heat to medium and cook, stirring occasionally, until it turns a deep amber caramel, about 5 minutes. Take off the heat and stir in the lemon juice. Set aside to cool for 5 minutes.

When the feta triangles are ready, pour the lemon syrup directly over the feta in the baking dish and serve.