



Eat and drink, but waste not by excess (Al-A'raf 31)
Banu Atabay's Mtevaz Lezzetler® Turkish cooking recipes

Handkerchief Borek

Mendil Breęi



2 ready-to-use yufkas
1/2 cup yogurt
1/2 cup vegetable oil
1 egg

For Filling:
Feta cheese, 3 matchboxes sized
7-8 stems of parsley

For Upper Side:
1/2 tsp sesame
1/2 tsp nigella seeds

- # Whisk the mixture of yogurt, egg and vegetable oil in a deep bowl. Mash the cheese and mix it with finely sliced parsley.
- # Superpose the yufkas. Spread the prepared yogurt mixture over the yufka. Put 2 tbsp of this mixture aside to spread it over the borek later.
- # Fold the yufkas from 4 edges to the center. Sprinkle the mixture of cheese all over. Then, fold the yufka again as package.
- # Spread the remaining 2 tbsp mixture of yogurt all over. Sprinkle sesame and nigella seeds also.
- # Bake them in 347 F oven, until they turn into red. Slice it however you want. Serve it hot or tepid.

Note: Yogurt is particularly used for cooking Handkerchief Borek. If you use milk instead of yogurt, the borek does not grow too much.