



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

Letter Borek

Mektup Bređi



3 yufkas
1 cup milk
1/2 cup vegetable oil
For Stuffing:
1/2 cube of feta cheese (about 9 oz)
10-15 stems of parsley
1 egg white
For the Upper Side:
1 egg yolk

Whisk the mixture of milk and vegetable oil in a bowl. For the stuffing mixture, mash the cheese, slice the parsley and mix them with egg white. Place one of the tufkas over the bench, spread some milky mixture over it. Fold the yufka from 4 sides to shape it as a square. Spread some more milk mixture over it. Cut the square shaped yufka into 4 pieces to get 4 small yufka squares.

Place some cheese mixture onto each of the small squares. This time fold one part of the square over the other one to get a stuffed rectangular. Finally fold the corners of the rectangular yufka backside to show the cheese mixture in it.

Each pastry in this shape is called as borek in this recipe. Place all the boreks into the greased baking tray.

Add egg yolk into the remaining milky mixture and mix. Spread this mixture all over the boreks. Place the tray into the oven which is preheated to 355 F. Bake them until they turn into red. Serve them warm.

Note: Water can be used instead of milk.