



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

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## Bow Borek

Fiyonk Böreği



12 flaked pastries (square shaped)  
1 small bunch of spinach  
1/3 cup vegetable oil  
1/3 cup mashed feta cheese  
1 egg white  
1/4 tsp salt  
For the Upper Side:  
1 egg yolk  
1 tbsp sesame

- # Wash the spinach. Chop it into too small pieces, you may cut its stems also.
- # Pour the oil into frying pan. When the oil turns into hot, add salt and remove the pan from the stove.
- # When the spinach cools down totally, add cheese and egg white, mix it.
- # Pick one of the pastries, enlarge it over floured bench by fingertips.
- # Put stuffing mixture onto its both 2 sides, but not to its middle. Place another enlarged pastry over this one.
- # Cut 4 edges of the square. Remove the pastry in the middle also.
- # Get those dough pieces together and shape as a band. Squeeze the borek that you have stuffed, from its middle. Wrap the band around the middle of this borek.
- # Make all the boreks by this method. Place them over the greased paper which stays in a baking tray. Spread egg yolk all over the boreks and sprinkle sesame.
- # Place the tray into the oven that is preheated to 375 F. Bake them until their surfaces turn into red.
- # Serve warm.

**Note:** If you do not want make the spinach give its juice, you should roast it over high heat.