



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

Folded Borek

Katlama Börek



3 cups warm water
3 tbsp vegetable oil
1 + 1/2 tsp salt
Flour, as much as the mixture gets in
To Grease:
5.3 oz butter
5.3 oz margarine
For Filling:
1 cube feta cheese
1 bunch parsley
1 egg white
For the Upper Side:
1 egg yolk
1 tbsp milk

- # Prepare the dough firstly. Pour the water into a deep bowl, add oil and salt into the water and mix.
- # Knead the mixture by adding flour little by little, until the dough reaches medium consistency. Rest the prepared dough for 1 hour.
- # Meanwhile, mix chopped parsley with mashed cheese and egg white. At the end of the resting time, divide the dough into 20 equal pieces. Roll out each part over the floured bench by a rolling pin until each one reaches dessert plate size.
- # Spread melted butter all over. Fold the right and left edges to the middle by getting one of them onto the other one. Then fold the near and far edges also.
- # Prepare all the dough pieces by the same way. Transfer them into tray and refrigerate for 15 minutes.
- # Remove it from the freezer and roll them out by a rolling pin again. Repeat these processes for 3 times.
- # After the last rolling out processes, put enough filling mixture onto the middle and fold it as you've done before.
- # Place the prepared boreks into a greased baking tray. Spread the mixture of egg yolk and milk all over the boreks.
- # Place the tray into the oven which is preheated to 355 F. Bake the boreks until they turn into red.
- # Serve it warm.

Note: You may sprinkle sesame, nigella or poppy seeds all over the boreks.