



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

## Safranbolu's Twisted Borek

Safranbolu Bükmesi



1 pack instant yeast  
2 cups warm water  
1 tsp sugar  
3 tbsp vegetable oil  
1 tsp salt  
Flour, as much as the mixture gets in  
For Stuffing:  
1 small bunch of spinach  
8.8 oz minced meat  
3 tbsp vegetable oil  
1 onion  
2 green onions  
Half bunch parsley  
1 tsp salt  
1 tsp black pepper  
For the Upper Side:  
1 egg  
1 tbsp yogurt  
1 tbsp butter

# Firstly, prepare the dough. Pour water into a deep bowl, add yeast and sugar in it and make them dissolve in the mixture. Add vegetable oil and salt in it. Knead the mixture by adding flour in it little by little, until the mixture turns into soft dough.

# Cover the dough. Rest it room temperature for 1 hour.

# Meanwhile, prepare the filling mixture. Pour the oil into a frying pan. When it turns into hot, add minced meat and roast it until turns into small pieces. Add salt into the mixture and remove the pan from the stove.

# When the meat mixture cools down, add thinly chopped spinach, parsley, onion, green onion, salt and black pepper on it and mix.

# Divide the rested dough into 6 equal pieces. Roll out each piece over floured bench by a rolling pin. Make it reach hand span width and baking tray's length.

# Divide the prepared filling mixture into 6 pieces. Place each piece of mixture onto the middle of each rolled out dough piece. Keep the edges empty.

# Fold one of the wide sides of the dough onto the filling mixture, then close the opposite side of the dough over the first one. Close the ends and squeeze them a bit. Spread the mixture of egg and yogurt all over. Transfer the boreks onto the grease-proof paper in a baking tray.

# Place the tray into the oven which is preheated to 390 F. Bake the boreks until they turn into red. Spread butter all over the boreks just after removing them from the oven urgently.

# Serve the boreks hot or warm.

**Note:** The filling mixture is prepared with fried meat cubes instead of minced meat in Safranbolu region traditionally.