



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

Spinach Croissants

Ispanaklı Ay reęi



1 pack instant yeast
1 egg
1 egg white
1 cup milk
1/2 cup vegetable oil
1 tsp salt
Flour, as much as the mixture gets in
For Filling:
1 bunch spinach
1 onion
3 tbsp vegetable oil
1 slice of feta cheese

- # Pour the warm milk into a deep bowl and yeast in it. Mix the mixture by fingertips.
- # Add egg, egg white, vegetable oil and salt in it. Mix it for a while more.
- # Knead the mixture by adding flour little by little, until the mixture turns into soft dough. The dough should not stick to your hands.
- # Cover the dough. Rest it at room temperature for about 45-60 minutes.
- # Meanwhile, prepare the filling mixture. Dice the onion thinly, knead it with salt, and then transfer into a pot. Add thinly cut spinach and oil on it and mix.
- # Cover the lid of the pot. Place the pot over low heat. Cook it for about 20 minutes without uncovering its lid.
- # After cooling down the spinach mixture, add chipped cheese and mix.
- # Divide the rested dough into 20 equal pieces. Roll out each piece over the floured bench by a rolling pin in oval shape. Each piece should have 1 hand span length and 4 fingers width.
- # Place enough filling mixture onto the wide side of the rolled out dough. Firstly, roll it and then get the both ends together to shape it as a croissant.
- # Place the croissants into a baking tray with spaces between them. Rest them in the tray for about 20 minutes.
- # Then, spread egg yolk all over. Sprinkle nigella and sesame all over.
- # Place the tray into the oven which is preheated to 375 F. Bake the croissants until they turn into red.
- # It is advised to serve warm.

Note: After shaping the dough pieces, if you divide the filling mixture into portions, you may put equal mixture into each croissant.