



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

Strudel

Etli Rulo Börek (Strudel)



8.8 ounces lamb cubes
3 onions, medium size
1 tsp salt
1/2 tsp black pepper
2 tbsp vegetable oil
2 eggs
2 cupful flour
1/4 cup sunflower oil
1 tsp salt
1/2 pack baking powder
7 tbsp warm water

- # Roast the tinny half circle type sliced onion and lamb cubes with oil.
- # When the lamb softens add salt and black pepper. Let it stand for cooling down.
- # While waiting the mixture for cooling down prepare the dough. Make a small pool in the middle of the flour put aside 1 yolk, add eggs, baking powder, salt, warm water and sunflower, and then prepare a soft dough. Let it stand for an hour.
- # Roll out the dough its height should be 1/2 cm (1/4 inch), and its width should be 25-30 centimetres.
- # Cut a ribbon from the dough.
- # Put the mixture on the dough, close the dough as a roll.
- # Reverse the roll to get its upper side on the tin's floor. Put the remaining dough ribbon on it to garnish.
- # Spread the yolk on it. Cook in the 170 C (F 338) oven.
- # Serve warm.

Note: You can use potato or cheese also in this recipe instead of lamb.