



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

Envelope Pastry

Zarf Breęi



3 phyllo pastries
1/2 cup milk
1/2 cup vegetable oil
1 egg
1 cupful grated cheese
1 tbsp nigella seeds

- # Lay the phyllo pastry on the bench. Spread the mixture of milk, oil and egg white all over by the help of a brush.
- # Fold the pastry as an envelope.
- # Cut the folded pastry as the plus sign (+), into 4 pieces.
- # Spread the mixture of egg white, milk and oil all over the each envelope.
- # Place cheese on the each piece and fold as an envelope again. Prepare the remaining phyllo pastries by the same method.
- # Get the folded sides of the envelopes down and place on the greased oven tray.
- # Spread yolk all over the envelopes and sprinkle nigella seeds.
- # Cook in 374 F oven until their upper sides turn red.

Note: Envelope pastry is an easy cook pastry. You can use different types of stuffing. You can use yogurt instead of milk also.