



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

Borek with Cracked Wheat and Ground Meat

İçli Köfte Böreği



3 phyllo pastries
7 ounces ground meat
1 cup bread crumbs
1 + 1/2 cups yogurt
2 onions
1/2 cup walnut
2/3 cup cracked wheat
1 tbsp tomato paste
1 tsp salt
1/2 tsp black pepper
2 tbsp vegetable oil

- # Put the oil into a pan, add onion and ground meat, roast together.
- # When all the water evaporates add tomato paste and thickly pounded walnuts, drizzle salt and black pepper.
- # Add washed cracked wheat on this mixture, cover the lid immediately, do not add any water, and turn the stove off and let the cracked wheat gets cooked with the steam. So you should rest it 20 minutes.
- # Superpose the phyllo pastries on the bench. Cut into 8 triangles. So you should get 24 triangles.
- # Superpose the 2 triangles, put the mixture on the large side of the triangle and roll the triangle.
- # Dip the borek into the yogurt at first and then cover with the bread crumbs, and then place on the tray. Cook in 365 F until they turn red.