



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

Bohca Borek

Boha Brei



Yeast, 1 matchbox sized
4 cups flour
1/2 cup warm water
1/3 cup yogurt
1/3 cup vegetable oil
2 cube sugars
1 + 1/2 tsp salt
1 tbsp vegetable oil

For Stuffing;
2 medium potatoes
1 medium onion
1/2 tsp salt, black pepper
1/2 tsp crushed red pepper
2-3 stems of parsley

- # Divide the yeast and place into the bowl, add warm milk and sugar, and mix.
- # Add 1 egg, 1 egg white, salt, yogurt, 4 cups flour into the smooth mixture, knead for a while and add vegetable oil, knead the dough for a while more. Cover it and rest for 45 minutes.
- # While resting the dough, prepare the stuffing; boil the potatoes, mash by the help of a fork, add so finely sliced onion slices which are also kneaded with salt, add finely sliced parsley, black pepper, crushed red pepper, vegetable oil and mix very well.
- # Divide the rested dough into 2 pieces, roll out each piece into squares which are a little bit bigger than service plate.
- # Cut the rolled out dough into 16 small squares. Put 1 tsp mixture of mashed potato on the middle of the small squares, and pack them. (You must get 32 pieces of borek)
- # Place the boreks on the greased oven tray. Rest them on the oven tray for 20 minutes, spread yolk all over.
- # Place the tray into cold oven, and set the oven to 356 F, and cook the boreks for 30 minutes. Serve hot or warm.

Note: You can add some other ingredients as stuffing and cut the pieces into bigger sizes to cook different types of bundle borek.