



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

Buns with Spinach Filling

Ispanaklı Poğaç



For Dough;
2 eggs
2/3 cup yogurt
1/3 cup vegetable oil
1 pack baking powder
1 tsp salt
Enough flour

For Filling;
1 bunch spinach
1 onion
4 tbsp vegetable oil
1 tsp salt

- # Put the yogurt in a bowl, add white of an egg and whole of other one, oil in it, mix. Add the flour little by little while kneading, add baking powder, and get medium consistency dough which does not stick your hands.
- # Let the dough rest for 1 hour.
- # While the dough is resting, prepare the filling; wash the spinach, drain its water.
- # Dice the onion. Put 4 tbsp vegetable oil into a pot, and add chopped spinach, salt and onion. Cook it with its vapour without adding any water. Cool it down.
- # Pick walnut sized pieces from the rested dough, roll them out by your fingertips into saucer size, place 1 tsp mixture of spinach on it, and then close the dough by wrapping it.
- # Spread the remaining yolk all over, and place them onto the baking tray. Bake in 356 F oven until they turn to pink, but don't let them dry.

Note: You can use spinach filling for different type of boreks also. Because of not boiling or roasting, the feeding value of the spinach would be protected.