



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

Nemse Borek

Nemse Böreği



1 pack margarine
4 + 1/2 cups flour
2 cups water
1 + 1/2 tsp salt
1 tsp lemon salt

For Filling:
3 cups grated feta cheese
1 egg
Half bunch parsley

- # Sift the flour, and make a hole in the middle of the flour, add salt, water and lemon salt into the hole and knead the dough. Knead it for about 7-8 minutes constantly to smoothen it.
- # Cover the dough and rest it for 20 minutes.
- # Put the margarine which has medium softness between the nylon bag, and roll it out to enlarge it to double size.
- # Roll the rested dough into the size of a circular tray. Place the enlarged margarine onto the middle of the rolled out dough.
- # Fold the edges of the dough onto the margarine as packing it firmly with equal thickness.
- # Roll out the packed dough by the sprinkling flour on it into a long square shape, do not roll it out into very low thickness.
- # Fold the short edges of the dough onto the middle to close.
- # Cover the dough with nylon and place it into the freezer and rest it in the freezer for 45 minutes to solidify it.
- # Remove it from the freezer, sprinkle salt all over and roll it out into triangle shape again, fold the short edges onto the middle again and close it, and then place it into the freezer again.
- # Repeat this action once more. (3 times total).
- # Roll the dough thinner at the last time. Cut the dough into pieces which are a little bit bigger than matchbox.
- # Mix the filling of the borek by mixing the grated cheese, finely sliced parsley and egg white.
- # Put enough mixture on the middle of the squares, fold the cross corners to shape them as triangles, force on the edges to close it firmly.
- # After preparing all the boreks by the same way, place them onto the greased oven tray with some spaces between them.
- # Spread the remaining yolk all over and place it into the oven which is preheated for a while, and bake them until they turn to red a little.
- # Serve them warm.

Note: The dough of puffy pastry is called as leaf dough. Well prepared leaf dough keeps its oil during the baking and grows into double size or more of its original size.