



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

Milk Borek

Sütlü Börek



4 eggs
4 tbsp vegetable oil
1/3 cup yogurt
1 tsp salt
Enough flour

For Filling:
10.6 ounces cheese
Half bunch parsley
1 cup corn oil, for inner layers

For Upper Side:
3 cups milk

- # Set aside the yolk of an egg, put that egg's white and the remaining eggs into a deep bowl.
- # Add vegetable oil, yogurt and salt on it, add flour little by little while kneading the dough, make the dough have medium consistency by kneading it.
- # After resting the dough for 30 minutes, divide it into 8 equal pieces, roll each piece.
- # Roll out each dough piece into the size of yufka by a rolling pin.
- # Dry the rolled out dough pieces on the bench for about 30 minutes before placing them onto the tray.
- # Grease the oven tray, place the rolled out and dried dough onto the oven tray, you can wrinkle it to fit while placing it into the oven tray.
- # Superpose 4 of the rolled out dough pieces onto the tray by spreading oil by a brush.
- # Lay the filling which is prepared by mixing the cheese and parsley onto the 4th layer.
- # Place the remaining 4 layers onto the filling by spreading oil after placing each one also.
- # Mix the remaining yolk with some milk and lay this mixture to all surface. Slice the borek into squares.
- # Place it into the cold oven, set the heat to 347 F, and bake it until the surface turns to red.
- # Pour 3 cups of boiling milk all over the borek, after removing it from the oven.
- # When the borek soaks the milk totally (about 1 hour later) place it onto the service plate and serve.

Note: Covering a tray on the borek after pouring the milk all over, helps to keep the borek soft.