



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

Borek with Raw Ground Meat Filling

Çiğ Börek



1 egg
1 cup warm water
1 tsp salt
Enough flour

For Filling:
8.8 ounces ground meat, fatless
1 big tomato
1 big onion
Half bunch parsley
1 tsp salt
1/2 tsp black pepper
1/6 cup water
Vegetable oil for frying

- # Break the egg into a deep bowl, add warm water and salt in it, and mix well.
- # Add flour until the dough reaches to medium consistency while kneading the dough.
- # Cover the dough and rest it for 30 minutes.
- # Prepare the filling meanwhile. Grate the tomato and the onion, slice the parsley finely, and mix them with raw ground meat, black pepper and 1/6 cup water. Get a juicy filling.
- # Divide rested dough into 24 equal pieces.
- # Roll out each piece into dessert plate size with a thin thickness. (Because of preparing the filling without cooking, the dough must be thin.)
- # Put enough filling onto one side of the rolled out dough piece and lay it to that side, close the other side onto the filling, force onto the edges by your fingers to close it firmly.
- # Put the borek into the hot oil, and fry both sides with pink colour.
- # When the boreks gets fired place them onto a paper towel to remove their extra oil.
- # Serve them hot.

Note: This borek is from Eskisehir region.