



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

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## Rolled and Squeezed Boreks

Sarma Sıkma



3 yufkas  
2 cups dry cottage cheese  
Half bunch parsley  
1/3 cup vegetable oil  
1/6 cup water

- # Lay the yufkas onto the bench. Cut each yufka into 12 equal triangles. (36 triangles total)
- # Put the vegetable oil and the water into a small bowl, and spread this mixture all over the triangles by the help of a brush.
- # Put enough mixture which is including dry cottage cheese and chopped parsley onto the large side of a triangle, to prevent the filling get away fold the edges onto the filling a little, and then roll the triangle to shape it as a cylinder.
- # Prepare all of the boreks by this way. Put 2 cups water into a deep bowl, put the prepared borek into the water and wait for a few seconds, and remove it from the water. Squeeze it in your hand.
- # Place the boreks onto the greased tray with some spaces between them.
- # Sprinkle the sesame all over the boreks. Place the tray into the oven which is preheated to 374 F, bake them until their surfaces turn to red.
- # Serve them warm.

**Note:** Olive oil is used to cook this borek originally in fact. But if you don't like olive oil, you can use sunflower oil also.