



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

---

## Handkerchief Borek

Mendil Böreği



2 ready-to-use yufkas  
1/2 cup yogurt  
1/2 cup vegetable oil  
1 egg

For Filling:  
Feta cheese, 3 matchboxes sized  
7-8 stems of parsley

For Upper Side:  
1/2 tsp sesame  
1/2 tsp nigella seeds

# Whisk the mixture of yogurt, egg and vegetable oil in a deep bowl. Mash the cheese and mix it with finely sliced parsley.

# Superpose the yufkas. Spread the prepared yogurt mixture over the yufka. Put 2 tbsp of this mixture aside to spread it over the borek later.

# Fold the yufkas from 4 edges to the center. Sprinkle the mixture of cheese all over. Then, fold the yufka again as package.

# Spread the remaining 2 tbsp mixture of yogurt all over. Sprinkle sesame and nigella seeds also.

# Bake them in 347 F oven, until they turn into red. Slice it however you want. Serve it hot or tepid.

Note: Yogurt is particularly used for cooking Handkerchief Borek. If you use milk instead of yogurt, the borek does not grow too much.