



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

Stick Borek

Baston Böreği



3 ready-to-use yufkas

For Filling:

5.3 ounces ground meat
1 onion, medium size
1 cup bulgur, thin type
1 handful walnut
1 egg white
8 – 10 stems of parsley
1/3 cup vegetable oil
1/3 cup cumin
1/2 tsp black pepper
1/2 tsp salt

For the Upper Side:

1 yolk

- # Firstly, prepare the filling. Dice the onion very finely and fry it with 1/3 cup vegetable oil, until it turns into pink.
- # Add ground meat, black pepper and cumin on it. Roast the mixture, until the ground meat gives its broth and soaks it again.
- # Then, add salt, finely sliced parsley, bulgur and 1/2 cup hot water onto the mixture and mix it. Then, cover the lid of the pot and rest the mixture for 10 minutes.
- # Meanwhile, cut each of the yufka into 4 equal pieces.
- # Add handful walnut and egg white into the resting filling mixture.
- # Place enough filling mixture over the large sides of the yufka pieces. Fold the edges of the large sides onto the centre, then roll them firmly. (The rolls should have about 20 inches length.)
- # Place the prepared boreks onto the greased baking tray. Spread yolk all over the boreks. Place the tray into the oven, which is preheated to 365 F. Bake the boreks, until they turn into red.
- # Rest the boreks for about 10-15 minutes, after removing them from the oven. Then slice and serve them.

Note: Dill, oregano or dried mint may be added into the mixture of String Borek.