



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

Society Manti

Sosyete Mantısı



3 ready-to-use yufkas
8.8 ounces ground meat
2 tbsp tomato paste
2 onions
1 tsp black pepper
1 tsp salt

For Medium Layer:
1/3 cup vegetable oil
1/3 cup water

For Upper Side:
1 cup yogurt
4 garlic cloves
1/3 cup water
2 tbsp butter
1 tsp crushed red pepper

Firstly, prepare the filling mixture. Mix grated onion, raw ground meat, tomato paste, salt, black pepper and 1/3 cup water. Mixture reaches to a low consistency.

Cut each of the yufkas into 4 equal pieces. By this way, you get 12 triangle shaped yufka slices. Meanwhile, prepare the medium layer mixture: mix vegetable oil with water in a bowl.

Pour 2 tbsp of medium layer mixture all over each of the yufka slices. Place enough filling mixture over the large sides of these yufka triangles. Roll them at first, then shape them as rose by rounding around them.

Place them into the greased baking tray. Pour the remaining mixture of vegetable oil and water all over them. Bake them in the oven, which is preheated to 347 F, with pink color.

Meanwhile, whisk the mixture of crushed garlic, yogurt, water and some salt. Fry the crushed red pepper in butter over low heat.

Place the baked hot boreks into the plate. Pour the mixture of yogurt over it. Then pour the mixture of butter and pepper all over finally. Sumac or dried mint may be sprinkled all over also.

Note: If you want this meal more juicy, some broth may be poured all over during the serving process.