



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

Pouf Borek

Puf Böreği



1 egg
1 cup water
1 tbsp vegetable oil
1/2 tsp sodium bicarbonate
1 tsp salt
Flour, as much as the mixture gets in
1 tbsp margarine

For the Filling:
1/2 small cube of feta cheese
10 – 12 stems of parsley

For Frying:
2 cups vegetable oil

- # Break the egg into the mixing bowl, add water and vegetable oil on it and mix. Mix the sodium bicarbonate with handful flour, then add this mixture into the main mixture. Add salt. Add flour into the mixture, until the mixture stops sticking to your hands during the kneading.
- # Cover the dough and rest it for half an hour. Meanwhile, mash the cheese and mix it with finely chopped parsley. Melt the margarine.
- # Divide the rested dough into 4 equal pieces. Roll out each of the dough pieces over the flour sprinkled bench, into the size of dessert plate. Superpose them by spreading margarine between each of the dough layers. (Do not spread margarine over the top.)
- # Rest the prepared dough in the freezer for half an hour to solidify the margarine between the layers.
- # At the end of the freezing time, roll them out by a rolling pin over floured bench, as thin as you can.
- # Cut the rolled out dough into circles by a large cup's brim.
- # Place some stuffing mixture onto the edge of the circle, then close the circle as half moon. Then close the edges firmly by forcing on them.
- # After preparing all of the boreks by this way, pour vegetable oil into a deep skillet. Make it hot over medium heat. Then, place the boreks into the skillet and fry both sides of them with pink color. And then, place them over the paper towel to remove their extra oil.
- # Serve them hot or warm.

Note: This borek may be prepared with too many different filling mixtures. But here it is prepared with cheese filling as traditionally.