



# Turkish Spinach Börek

Recipe Sheet



## Börek

Crisp and rich, börek is a savory Turkish pastry often served at breakfast and brunch or as an appetizer. It's made by layering ultra-thin dough and various fillings such as meat, potato, cheese, spinach and other vegetables. Börek also comes in many shapes and sizes, ranging from cigarette-shaped rolls to large trays. A börek may be prepared in a large pan and cut into portions after baking, or as individual pastries. They are usually baked but some varieties can be fried. Traditionally, chefs prepare börek with Turkish yufka dough, an ultra-thin, unleavened dough made from flour, water, and salt.

**Prep time:** 30 mins

**Cook time:** 30 mins

**Total:** 1 hr

### **Ingredients (Vegan version) for 4 servings as a light dinner or appetizer**

Phyllo dough sheets: one package

Plant-based butter: 40 gr

Onion (white): 1 medium size

Garlic: 4 cloves

Spinach: 2 lb

Vegan Cheese (Turkish feta cheese is a classic in the traditional börek recipe, but shredded mozzarella or cheddar cheese would also work. You could also replace cheese with walnuts or add both): 250 gr

Salt: 1 tbsp.

Black pepper:  $\frac{1}{4}$  tbsp. or  $\frac{1}{2}$  tsp

Oil (plant-based oil such as olive oil, vegetable oil and so on): 5 or 6 tbsp

## Recipe:

- 1) Start with peeling and dicing onion and garlic and continue with chopping the spinach.
- 2) Heat the oil in a large pan over medium heat. Add the diced onion and garlic to the pan and cook, frequently stirring, until translucent (4-5 minutes).
- 3) Once the onions are done, add the chopped spinach, salt, and pepper to the pan. Toss the mixture every few minutes. Let it cook until the water from spinach totally evaporates and it loses most of its volume (approx. 5 minutes).
- 4) Turn off the heat and let the veggies cool for 10-15 minutes (Warm filling with juice will ruin the delicate phyllo and make it soggy).
- 5) Preheat the oven to 350 degrees F.
- 6) Lay on a piece of phyllo on a work surface and scatter 2-3 tablespoon of the melted butter on it, spread the butter evenly using a pastry brush.
- 7) Scatter some of the filling on the phyllo sheet and add some shredded cheese on top then roll the sheets carefully.
- 8) Swirl the long sausage into a rose shape, tuck the loose end piece underneath the rose. Repeat the same for the rest of the phyllo pieces (Any leftover phyllo sheet can be stored again in the freezer. Make sure you wrap it tightly so it doesn't dry out).
- 9) Place the böreks on a baking tray and brush with melted butter. Place the tray in the oven and cook for 30 minutes or until golden brown.

It is best to eat it fresh but you can freeze it for up to 2 months. If frozen, do not reheat in the microwave, as it will be very soft and ruin the texture of the dough. Preheat the oven to 350°F and bake for 10-12 minutes.

You could refer to the following YouTube video to get an idea of how to roll the sheets or see the attached pictures: <https://www.youtube.com/watch?v=pmTgRLyOFVY>

