

Borekitas

(Turkey)

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There are more than 4,000 years in Turkish history, but since this is a short history, I will cover only part of it. The Turkish people first lived in Central Asia, then moved around throughout Asia and Europe. They established many empires. Later they named themselves the Ottoman Empire (1299-1923), and established a country that covered three continents but fell apart at the end of World War I. Their capital, Constantinople, was captured by them and signified the end of the Middle Ages. In the New Age and the Renaissance, they fell behind the European countries in economic and military strength. They had the Turkish Liberation War in 1919-1922, and established its independence. Now, Turkey is a Republic. More recently however, for the last decade, Erdowan has ruled Turkey and completely demolished its economic strength and arrested hundreds of people he didn't like in jail. In the last year, one thing he did was try to establish a sort of war with Iraq which failed. They are in deep debt with multiple countries, and no one wants to invest in them.

In the Ottoman Empire, borekitas evolved from many different pastries. Then, Sephardi Jews adapted them and they are now a big food in Israel as well.

Ingredients:

3 large potatoes, peeled and boiled
3 eggs
3 tablespoons olive oil
½ cup Feta cheese
1 ½ cup shredded cheddar cheese
1 teaspoon red pepper flakes
1 teaspoon ground black pepper
2 teaspoons salt

1 cup sunflower oil
¾ cup warm water
1 teaspoon baking soda
1 teaspoon apple vinegar
1 teaspoon lemon juice
3 cups flour
Wax paper

Instructions:

Preheat oven to 325°F.

Cover a cookie sheet with wax paper.

For filling:

Mash the potatoes in a large bowl.

Mix 1 egg and 2 tablespoons olive oil with potatoes. Add salt.

Crumble feta cheese and sprinkle into batter. Sprinkle in ½ cup cheddar cheese as well.

Add red pepper flakes and ground black pepper into batter.

Tip: Taste the batter to see if more salt or cheese is needed.

Mix the batter.

Add 2 eggs into batter. Add remainder of olive oil. Mix together.

Tip: Taste again and add what is needed. A big part of cooking this is following your instincts and stomach. Make it different every time.

For dough:

Tip: Use a wooden spoon.

In a round pot, pour sunflower oil, warm water, and the baking soda. Tip: Put the baking soda on the side of the pot, not in the mix.

Put apple vinegar, and the lemon juice on the baking soda. Stir.

Mix in 1 cup cheddar cheese.

Mix in flour and form a dough. Knead the dough.

Roll out dough on a flat counter.

Put one teaspoon of the filling on one spot then fold dough over it. With a cup, cut it out and pinch the edges.

Do this until all the dough or filling is used.

Place the borekitas on the wax paper covered cookie sheet.

Sprinkle extra cheese on the top.

Bake for 8-10 minutes at 325°F degrees.