

Borekitas with Walnuts

(Turkey)

Submitted by Olga Engler



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:

2 cups blended walnuts
4 halved, washed, peeled apples
3 dried apricots, cut small
1/2 cup sugar
2 teaspoons ground cinnamon
1/2 teaspoon ground cloves
1/2 cup powdered sugar
1/2 cup sunflower oil

1 egg
4 drops of lemon juice
1 teaspoon apple vinegar
1 teaspoon baking soda
2 cups flour
1 egg yolk
Wax paper

Instructions:

Preheat oven to 350°F.

For filling:

Put walnuts on two plates. Each plate should have 1 cup of blended walnuts.

Grate apples into a bowl then put it into a pot. Put the pot on medium heat and add apricots, and sugar. Tip: stir with wooden spoon.

Slowly mix in nuts. Mix in ground cinnamon and ground cloves.

Simmer on low heat until all the water drains out.

For dough:

Mix powdered sugar, baking soda, and flour in a bowl.

In a separate bowl, mix sunflower oil, egg, lemon juice, apple vinegar.

Mix wet and dry ingredients together to form a dough.

Separate dough into balls (approximately size of golf ball). Roll the dough thin into circles, approximately 3 inches in diameter.

Put the nuts inside and roll it over into a half moon shape and cut it out.

Put it on wax paper.

Brush egg yolk on top.

Bake in oven for 20-30 minutes at 350°F.