

Spinach Burek

(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.

Burek was created in the Ottomon Court. It was very popular.

Ingredients (for round or square burek):

2 pounds fresh spinach
1 cup shredded yellow cheese
¼ pound feta or other cheese
1 pack of phyllo dough
2-3 eggs
2 teaspoon olive oil
1 cup milk

Instructions (Round Burek):

Preheat oven to 325°F - 350°F.

Cut spinach into pieces. Mix with yellow cheese, feta cheese, and eggs.

Oil pan and spread the oil around.

Open up phyllo dough package. Take one layer and fill it with the spinach mixture. Roll it and pack it in.

Make multiple of these and roll them around each other like a rose. Make sure it fits tight. Make these until the pan is completely filled. Let it go with your hands.

Mix 1 egg and the milk with 1/4 cup oil and 1/4 cup shredded cheese in a small bowl.

Pour mixture on top of the burek.

Put some shredded cheese on top. Let it rest for 30 minutes.

Bake for 20 minutes.

Instructions (Square Burek):

Preheat oven to 325°F - 350°F.

Cut spinach into pieces. Mix with yellow cheese, feta cheese, and eggs.

Oil a square pan and spread the oil around.

Open up phyllo dough package. Put the dough in a pan 3-4 layers at a time.

Fill with spinach mixture.

Repeat until the pan is full.

Bake for 20 minutes.

Tip: Make sure not to add too much mixture to round burek.