

RECIPE

בורקס

BUREKAS



INGREDIENTS

- 2 sheets puff pastry
- ½ cup crumbled feta cheese
- ⅓ cup grated kashkaval cheese (or substitute another ⅓ cup feta)
- ⅓ cup ricotta cheese
- 1 egg
- Salt and pepper
- 1 egg yolk
- 1 tbsp sesame or poppy seeds for topping (optional)
- Nonstick cooking oil spray



Serves 8-10

INSTRUCTIONS

Preheat oven to 350°. Mix feta, kashkaval, ricotta, egg, a pinch of salt and a pinch of black pepper in a large bowl until they are blended (if you're using only feta cheese, don't add salt).

Spread one sheet of puff pastry on a clean, lightly floured surface, and use a rolling pin to roll out the sheet to a 12x12 inch square. Cut it into 9 equal-sized squares, each about 4"x4".

Drop a tbsp of the cheese mix in the center of each dough square. Fold the dough into triangles, and pinch the outer edges to seal. If the dough won't stick, dip your fingers in water and slide it along the edge of the square before folding. It's important that each triangle be sealed tightly.

Do the same with each additional sheet of puff pastry (if you want more than 18 burekas, you can easily double or triple the recipe).

Spray baking sheets with nonstick cooking spray or line with

parchment paper. Place 9 burekas on each sheet, evenly spaced, allowing room for them to expand during baking.

In a small bowl, whisk together the egg yolk and 2 tsp of water. Use a brush to spread a light layer of the egg wash onto the surface of each triangle.

Sprinkle the burekas with sesame or poppy seeds, if desired.

Bake the burekas for about 30 minutes, until golden brown. While you can store them and reheat or eat at room temperature, they'll be best when eaten fresh.



ABOUT בורקס

BUREKAS

The Israeli newspaper Ha'aretz compares burekas in Israel to bagels and cream cheese in North American Jewish communities: they're served everywhere and everybody loves them! These flaky pastries were long popular throughout the Ottoman Empire, and Jews who came to Israel from Turkey and Bulgaria introduced them to the Israeli palate. Connoisseurs can tell what burekas are filled with by the shape of the pastry: triangles are filled with cheese; rectangles are filled with potato; crescents are made of a different kind of dough and filled with a different blend of cheeses; and so on.

Israelis eat burekas at any time of day. They're a popular breakfast staple, a favorite on-the-run snack, and they can even be "dressed-up" as an appetizer at weddings and other celebratory meals. Feel free to experiment with them: Add olives and tomato paste and they taste like pizza; a bit of spinach and you'll be convinced they're a health food. Use phyllo dough instead of puff pastry and they become upscale. However you eat them—you'll always enjoy!

NOTES

