

Phyllo Börek With Spinach, Feta and Onion - With A Vegan Version As Well

Ingredients:

Difficulty: Easy

(makes about 20-24 slices in a 20x30 dish)

To keep the layers moist:

3 tbsp yogurt (or milk)

4 tbsp vegetable oil, plus a bit more to grease the oven dish

1 egg

some water in room temperature (to thin the mixture up) - explained in step 3

If you want to do a vegan version, the ingredients for moistening the layers:

3 tbsp non-dairy milk

4 tbsp vegetable oil (olive oil is best actually)

some water in room temperature to thin it up

For the pastry:

2 tbsp olive oil

3 medium onions, diced

500 gr. spinach, frozen and thawed (I mostly actually use canned spinach), you can also use fresh spinach

200 gr. crumbled feta (or 200 gr. crumbled or cubed tofu if you are going vegan)

1 tsp salt (check how salty your feta is, and decide on the amount of salt you add accordingly)

15 phyllo sheets*

6-8 small butter cubes (or vegan butter cubes for vegan option) to put on top of the pastry before baking (optional)

*This is the amount of phyllo sheets in 1 baklava dough pack I buy from Turkish market in Itäeskus. If you have a couple more or fewer sheets, it's fine too, you just distribute what you have in the dish accordingly.

Instructions:

1. Prepare the onion and spinach mixture with the instructions in my other blog post here. Lightly grease your oven dish with vegetable oil. Preheat the oven to 200C.
2. In a small bowl, put all the ingredients except water for moistening the layers and whisk well.
3. Add water. The amount of water used for this depends on how dense your mixture is without water. You need to add water gradually. The resulting mixture should be not too dense but not too liquid either.
4. Add feta (or tofu) and salt (if you need it) to spinach and onion mixture and mix.
5. (Before we start spreading the phyllo sheets on the dish: Remember, I am using a pack of 15 sheets. If you have fewer sheets, adjust your amount of sheets accordingly.) Put 1 sheet of phyllo

on your oven and gently press it so that it sticks to the dish and takes its shape. Lightly brush a little liquid mixture on the phyllo.

6. Put another sheet of phyllo on top and repeat the same steps.

7. Loosely fold 4 sheets one by one and put next to each other in 1 layer inside the dish covering all the surface. Generously brush each one with liquid mixture.

8. Spread half of the spinach filling on the phyllo layers.

9. Repeat step 7 on top of the spinach filling layer.

10. Spread the remaining filling on the phyllo layers.

11. Repeat step 7 with 3 sheets.

12. Cover the whole thing with 2 remaining layers of phyllo, moistening with liquid mixture after each layer.

13. Fold the parts of phyllo hanging out of the oven dish on to the pastry and brush with liquid in between each layer to make them stick.

14. If you want a nice buttery taste, put 6-8 mini cubes of butter on top (you can omit this if you don't want butter, or you can put fewer cubes than recommended). Put the pastry in the oven, in medium rack and bake for 25-30 minutes, or until you get a nice, crispy, slightly browned top. Let the pastry cool down a little in the dish after it is baked, then gently loosen it from the dish and transfer to a plate or a tray. Let it cool about half an hour at least and then cut and serve. Enjoy!