

Çi? Börek / Turkish Raw meat pastry

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/boreki-beef-recipe-turkish>

Ingredients:

- 4 cups AP flour
- 4 9/16 tablespoons yogurt thick turkish
- 1 tablespoon olive oil
- 1 teaspoon salt
- 1 medium egg
- 7/8 cup water
- oil for frying
- 2/3 pound ground beef ? use with 10% fat
- 1 onion finely chopped or shredded
- 1 clove garlic finely minced
- 1 teaspoon salt or to taste
- 1/2 teaspoon black pepper powder
- red pepper flake optional
- 5/8 cup water

Nutrition:

1. Calories: 750 calories
2. Carbohydrate: 101 grams
3. Cholesterol: 105 milligrams
4. Fat: 23 grams
5. Fiber: 6 grams
6. Protein: 30 grams
7. SaturatedFat: 6 grams
8. Sodium: 1260 milligrams
9. Sugar: 2 grams
10. TransFat: 1 grams

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