

Patlıcanlı Börek

Traditional Turkish Eggplant Börek with layers of phyllo pastry and savory eggplant filling. Ready in 50 minutes, serves 6. Authentic recipe!

15 min

HAZIRLIK

35 min

PIRME

50 min

TOPLAM

6

PORSİYON

Medium

ZORLUK

Patlıcanlı Börek

Malzemeler

- 5 thin sheet of dough
- 0.7 lb ground beef
- 4 eggplant
- 4 tomato
- 2 clove garlic
- 2 egg
- 1 cup milk
- 0 olive oil

Yapılışı

- Prepare the eggplant filling**
Heat 3 tablespoons olive oil in a large pan over medium heat until shimmering, about 1-2 minutes.
- Add the chopped onions and cook, stirring occasionally, until soft and translucent, about 5-6 minutes.
- Add 0.7 lb ground meat and cook, breaking it up with a spoon, until browned and no pink remains, about 6-8 minutes.
- Add the diced eggplant and cook, stirring frequently, until the eggplant begins to soften, about 8-10 minutes.
- Add 4 diced tomatoes and 2 cloves minced garlic, then cook until the tomatoes break down and the eggplant is completely tender, about 10-12 minutes.
- Season with salt and pepper to taste, then remove from heat and let cool completely, about 30 minutes.
- Prepare for assembly**
Preheat oven to 400°F (200°C) and grease a 9x13 inch baking dish with olive oil.
- Whisk together 2 eggs, 1 cup milk, and 2 tablespoons olive oil in a bowl until smooth and well combined.
- Assemble the börek**
Place one phyllo sheet in the prepared baking dish and brush generously with the egg mixture.
- Layer 2 more phyllo sheets on top, brushing each sheet completely with the egg mixture before adding the next.
- Spread the cooled eggplant filling evenly over the phyllo layers, leaving a 1-inch border around the edges.

- 12 Cover with the remaining 2 phyllo sheets, brushing each with the egg mixture, then brush the top layer generously and sprinkle with nigella seeds if using.
- 13 **Bake and serve**
Bake for 25-30 minutes until the top is golden brown and crispy, and the börek feels firm when gently pressed.
- 14 Cool for 10 minutes, then cut into squares and serve warm.

?puçlar?

Salt the diced eggplant and let it sit for 15 minutes before cooking to remove bitterness and excess moisture. This ensures the eggplant won't make your börek soggy.

Keep phyllo pastry covered with a damp towel while working to prevent it from drying out and cracking. Work quickly but carefully when layering.

Make sure the filling is completely cooled before assembling the börek to prevent the phyllo from becoming soggy from steam.

Brush each phyllo layer generously with the egg-milk mixture for maximum flavor and to ensure the layers bond together properly.

Score the top layer of börek lightly before baking to make serving easier and to create an attractive presentation.

Let the börek rest for 10 minutes after baking before cutting to allow the layers to set and make clean slices.

If the top browns too quickly during baking, cover loosely with aluminum foil and continue baking until the center is fully cooked.

For extra flavor, add a pinch of dried oregano or thyme to the filling mixture along with the garlic.