

Spinach and Feta Gozleme



Makes:

8 gozlemes

Utensil:

Flatbread Pan
large mixing bowl

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Recipe:

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Recipe Description:

Gozleme is a simple street food dish from Turkey with varying preparations from village to village. A soft dough is rolled paper-thin with a very thin handled rolling pin. Gozleme is cooked plain as a flatbread of sorts but most often filled with a variety of savory and sweet fillings. Diners can request their filling and watch as the Gozleme is prepared and cooked to order. Rolled up, folded in a rectangular shape or folded in a half circle it makes a tasty and inexpensive snack or meal to eat on the go.

1 teaspoon
sugar or honey
(4
g)
1 ½ cups
water, room temperature
(360
mL)
1 ¼ ounce
package dry yeast
(35
g)
4 ¼ cups
all-purpose flour, or a mixture of all purpose and whole grain
flour
(672
g)
2 ½ teaspoons
salt
(15
g)
extra flour for rolling
2 ounces
or 1 small bunch spinach, fresh, washed, roughly chopped
(57

- g) $\frac{1}{2}$ pound
feta cheese or sheep milk cheese, crumbled
(227
g)

Directions:

1. Place sugar and water in mixing bowl, and sprinkle yeast on top. Proof mixture (let rise) for approximately 10 minutes until yeast begins to bubble and activate.
2. Slowly add flour and salt, mixing until it is thoroughly combined and forms a ball. The dough should be soft but not sticky.
3. Place dough on a lightly floured surface and knead with palms of hands until smooth, adding in a light dusting of flour during kneading process if necessary.
4. Cover dough with a damp cloth and let rise for approximately 1 - 2 hours until doubled in size.
5. Cut dough in to approximately 8 pieces and roll each piece out in to a very thin 10-inch (25 cm) round, dusting work surface with flour as necessary to prevent sticking.
6. Sprinkle an eighth of chopped spinach and approximately 2 tablespoons (19g) of crumbled feta cheese on half of the circle of dough. Fold other half of dough over filling and press ends together with fingertips to seal. Gently roll rolling pin over filled gozleme pressing lightly to remove air pockets.
7. Heat pan over medium heat until several drops of water sprinkled on pan skitter and dissipate. Cook gozleme for approximately 2 - 3 minutes on each side until golden brown. Shake pan several times during cooking to prevent sticking and ensure even browning.
8. Serve gozleme hot or warm.

Tips:

- The basic dough is sometimes prepared without yeast or with the addition of yogurt. If you prepare the dough without yeast let it rest overnight for a softer and more pliable dough.
- Substitute spinach for Swiss chard.
- Popular savory fillings include: spinach, sheep milk feta cheese, potato, cow's milk cheese, ground lamb, assorted wild mushrooms, peppers and other vegetables, smoked seafood and sweet fillings.
- Rolling dough in to a very thin and even flatbread takes practice. Don't get discouraged if you can't get it paper thin, it may take a minute or so longer to cook but will still be delicious!

Nutritional Information per

▼ Serving

Calories: 333
Total Fat: 7g
Saturated Fat: 4g
Cholesterol: 25mg
Sodium: 763mg
Total 54g
Carbs:
Dietary Fiber: 3g
Sugar: 2g
Protein: 13g