

Pastry with Eggplant

Traditional Turkish eggplant pastry with savory meat filling. Flaky phyllo layers with seasoned eggplant and ground meat. Ready in 50 minutes!

15	35	50	6	Medium
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

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Ingredients

- 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

Instructions

- 1 Prepare the filling**

Heat 2 tablespoons olive oil in a large skillet over medium heat until shimmering, about 1-2 minutes.
- 2** Add the chopped onions and cook until softened and translucent, about 4-5 minutes.
- 3** Add 0.7 lb ground meat and cook, breaking it apart with a wooden spoon, until browned and no pink remains, about 6-8 minutes.
- 4** Wash and dice the eggplants into ½-inch cubes, then add to the skillet and stir to combine.
- 5** Add 2 cloves minced garlic and diced tomatoes, then cook until eggplant is tender and liquid has evaporated, about 12-15 minutes.
- 6** Season with salt and pepper to taste, then remove from heat and let cool completely while preparing the pastry.
- 7 Assemble and bake**

Preheat oven to 392°F (200°C) and brush a 9×13-inch baking dish with olive oil.
- 8** Whisk together the eggs and 1 cup milk in a bowl until well combined.
- 9** Place 3 sheets of phyllo pastry in the baking dish, brushing each sheet with the egg mixture before adding the next.
- 10** Spread the cooled eggplant filling evenly over the phyllo layers.
- 11** Top with remaining 2 sheets of phyllo, brushing each with egg mixture, then brush the top generously with any remaining mixture.
- 12** Bake for 35-40 minutes until golden brown and crispy on top.

Tips

Salt the cubed eggplant and let it drain for 30 minutes before cooking to remove any bitterness and excess moisture.

Keep phyllo dough covered with a damp towel while working to prevent it from drying out and becoming brittle.

Mix the egg wash (eggs, milk, and olive oil) thoroughly and use a pastry brush to apply it gently to avoid tearing the delicate phyllo layers.

Cook the filling completely and let it cool slightly before assembling to prevent the bottom phyllo layers from becoming soggy.

Preheat your oven fully before baking to ensure the pastry develops proper golden color and crispness.

Score the top layers lightly with a sharp knife before baking to make serving easier and prevent cracking.

Let the finished pastry rest for 10 minutes after baking to allow the layers to set before cutting.

Use a serrated knife to cut through the layers cleanly without compressing the pastry.