

Modern Deconstructed Kapak Böreği with Sous-Vide Lamb and Aromatic Yogurt Foam

A reimagined Kapak Böreği inspired by Ali Eşref Dede's 19th-century culinary manuscript, presented as a deconstructed composition that honors tradition while embracing avant-garde techniques. Tender sous-vide lamb ragout meets silky béchamel purée, crispy filo shards, and a fragrant yogurt foam, capturing the historic soul of old Istanbul in every bite.


780 min

Total time

Hard

Difficulty

620

kcal / serving

Ingredients

- For the sous-vide lamb ragout:
- 150g lamb shoulder, trimmed
- 15g unsalted butter
- 1 small onion, finely chopped
- 1 garlic clove, minced
- 30ml dry white wine
- 10ml pomegranate molasses
- Salt and black pepper to taste
- For the béchamel purée:
- 100ml whole milk
- 10g unsalted butter
- 10g all-purpose flour
- A pinch of freshly grated nutmeg
- Salt to taste
- For filo crisps:
- 2 small sheets filo dough
- 10g melted butter
- For aromatic yogurt foam:
- 80ml Greek yogurt
- 20ml water
- 1 tsp dried mint
- A pinch of salt
- 1/2 tsp lemon juice
- Garnish:
- Fresh pomegranate seeds
- Microgreens

Steps

1

Prepare the lamb ragout: Season lamb with salt and pepper. Vacuum-seal with butter, onion, garlic, wine, and pomegranate molasses. Cook sous-vide at 65°C for 12 hours to achieve tender, flavorful meat.

- 2 Remove lamb from bag and shred finely. Reduce cooking juices in a pan to intensify flavor for ragout base.
- 3 Prepare béchamel purée: Melt butter in a small saucepan over medium heat. Whisk in flour and cook for 2 minutes without browning. Gradually add milk while whisking continuously to avoid lumps. Cook until thickened, season with salt and nutmeg. Blend until silky smooth; keep warm.
- 4 Make filo crisps: Preheat oven to 180°C. Brush filo sheets lightly with melted butter, stack and cut into rustic shards. Bake on parchment paper for 7–8 minutes until golden and crisp.
- 5 Aromatic yogurt foam: Combine yogurt, water, dried mint, salt, and lemon juice. Blend until smooth. Using an immersion blender with a foam attachment, or a whipping siphon charged with one cream charger, create a light foam.
- 6 Assembly: On a minimalist white plate, artfully spread a smooth smear of béchamel purée. Nestle a quenelle of shredded lamb ragout in the center. Arrange filo crisps around with deliberate spacing to highlight texture contrast.
- 7 Spoon aromatic yogurt foam delicately atop the lamb and purée, ensuring an ethereal layer that evokes the fragrances of historic Istanbul's kitchens.
- 8 Garnish with scattered pomegranate seeds and microgreens for bursts of color and freshness.
- 9 Serve immediately to enjoy the interplay of temperatures, textures, and aromas, a poetic dialogue between past and present.