

KITCHEN EXPLORATIONS



Minas are similar to bourekas. They are essentially matzo pies, found in Jewish cuisine across Turkey, Egypt, and beyond.

INGREDIENTS

4 cups (2 16 oz bags) of
chopped spinach

If frozen, first allow to defrost

salt

3 eggs

3/4 cup of the cheese of your
choice, grated or crumbled

Kashkaval is traditional, but hard to come by
and a bit pungent for many. Alternatives
include romano, parmesan, or feta

4-6 matzos

depending on the precise size and shape of
your pan

2 tbsp oil

MINA D'ESPINAKA (MINIKA)

A good breakfast, lunch, or light dinner

Recipe courtesy of the Sukenik Gabay Family

PREPARATION

1. Mix chopped spinach with 1 beaten egg and 1/4 cup of grated cheese.
2. Soak the matzo for ~2 min (matzo should be flexible, but not so soft that it crumbles), then place on an absorbent cloth. Let stand for ~15 min.
3. Grease baking pan with oil.
4. Line the bottom and sides of the pan with the wet matzo, then fill with the spinach mixture.
5. Mix 2 beaten eggs 1 tbsp of oil, then cover the top of the matzo with the mixture.
6. Bake at 350°F for approx. 1 hour, or until top is browned.
7. Enjoy!

About Kitchen Explorations

Created by JArts in an effort to enliven the stories held by old family recipes, the Kitchen Explorations series showcases the diversity of the Jewish experience through food.