

07/14/11 - Boyus With Spinach and Cheese

Boyus or Boyuz or Boyikus are spinach and cheese filled Sephardic pastry. I have tried many recipes and I think at least three are archived on this blog in the recipe index. Last week when I was researching and making strudel I had a thought. Strudel dough is essentially like philo dough. Nona says that her mother made her own philo dough for the boyus. You see where I am going with this. I made two batches of strudel dough and instead of butter for brushing the dough; I used olive oil for one trial and sunflower oil for the second trial. [\[click to continue...\]](#)

