



Eat and drink, but waste not by excess (Al-A'raf 31)
Banu Atabay's Mütevazı Lezzetler® Turkish cooking recipes

Pilaf With Lamb

Etili Pilav



2 cup rice
3 tbsp + 1 tsp vegetable oil
1 cup chickpea, boiled
17.6 ounces lamb cubes
2 green peppers
1 onion, big size
2 tsp salt

- # Boil 1 lt. water, diced onion and pepper with lamb for 20 minutes in pressure cooker.
- # Put the oil into pot, when it gets hot add washed and drained rice.
- # Roast for a while, not too much.
- # When the rice turns colourless add 3+ 1/3 cup gravy, sprinkle some salt.
- # Cook over high heat, when it starts to boil turn the heat to low and cook for 20 minutes more.
- # Add drained lamb and boiled pilaf with chickpea into it and stir for a while.
- # Put a clean paper between the pot and its lid, and let the pilaf stand for 30 minutes.
- # You can stir before serving.

Note: For a good reason while cooking pilaf, you should wash the rice very well until its starch gets away.