



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

Pilaf with Ground Meat

Kıymalı Pilav



1 + 1/2 cup rice
3.6 ounces ground meat
2 long green peppers
1 small onion
1 medium tomato
1/3 cup orzo
1/3 cup vegetable oil
1 + 1/2 tsp salt
3 cups water

- # Dice the onion so finely, par-cook with 2 tbsp oil, and add so finely sliced peppers, and roast.
- # Add the ground meat, roast by stirring constantly. When the ground meat gets roasted add grated tomato and salt, remove from the stove when the colour of the tomatoes changes.
- # Put the oil into a separate pot, when the oil gets hot add the orzo and roast until it turns to pink.
- # Add the rice which is rested in water, washed and drained in it, and roast until it turns to transparent by stirring constantly.
- # Add the mixture in the separate pot in it, and stir a few times and then add the water.
- # Cook over medium heat at first, then turn the heat to low and cook for 17 minutes.
- # Place a paper towel between the pot and its lid after removing the pot from the stove, and rest it for half an hour.
- # Stir and serve.

Note: Pilaf with ground meat is the special recipe of the editor's mother.