



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

Aegean Pilaf

Ege Pilavi



3 cups rice
1 small chicken
1/3 cup pistachios
1/3 cup almonds
30 spaghetti sticks
1/2 cup vegetable oil
2 tsp salt
1/2 tsp black pepper
4+1/2 cup mixture of water and broth

- # Boil the chicken with 5 cups of water until it softens. Rest the rice in hot water for 1 hour. Rest the almonds in boiling water for about 2 – 3 minutes, decorticate them. Clean out the outer shell of the pistachios.
- # Put the vegetable oil into the pot, when it turns to hot break the spaghetti sticks into pieces, each has 1 inch length, roast until they turn to yellow.
- # Remove the spaghetti from the oil by straining. Put the almonds and the pistachios into the same oil. When the almonds turn to yellow, add the rice which is rested in water and washed a few times with cold water into the pot.
- # Roast the ingredients together for about 4 – 5 minutes. Add the roasted spaghetti, picked chicken pieces into the mixture.
- # After mixing it for a while, add salt, black pepper and the mixture of water and broth.
- # Cover the lid of the pot. At first cook it over medium heat for 10 minutes, then cook it over low heat for 122 minutes. (22 minutes total.)
- # Place a paper towel between the pot and its lid and rest the pilaf for half an hour, stir it gently and serve hot.

Note: The delicious Aegean Pilaf was sold on the streets of Kemeralti / Izmir in more recent times.