



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

Jerusalem Artichoke with Olive Oil

Zeytinyađlı Yerelması



2.20 pounds Jerusalem artichoke
1 carrot, medium size
1 onion, big size
1/2 cup olive oil
1/6 cup rice
1 orange
2 cubes sugar
1 tsp salt
1 cup water
1/2 bunch dill

- # Peel the carrot and Jerusalem artichokes, cut into walnut sized pieces.
- # Put the olive oil into a pot, and add the diced onion.
- # When the onion turns into pink, add Jerusalem artichoke and carrot, roast for 10 minutes without adding water. Add water, orange juice and salt.
- # After cooking for 5 minutes, add rice and sugar.
- # Cook all the ingredients for 10 more minutes.
- # Remove from the stove, sprinkle finely sliced dill all over.
- # Serve warm or cold.

Note: You can add some tomato paste in this meal, but it is not used in olive oil dishes generally at Turkish cooking tradition.