



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

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## Pilaf with Anchovies

Hamsili Pilav



17.6 ounces anchovies  
2 cup rice  
1/3 cup vegetable oil  
1 tbsp pine kernel  
1 tbsp currant  
1 tsp salt  
1/2 tsp black pepper  
3 cup water, gravy

- # Cover the rice with salt water and let it stand for half an hour.
- # Roast the pine kernels and then currants, drain and place in a separate plate.
- # Put the 1/3 cup vegetable oil in a pot. When it turns hot, add rested, washed and drained rice.
- # Roast until the rice turns colourless, add 3 cups water, at first cook over medium heat and then over low heat for about 17-20 minutes, add pine kernels and currants.
- # When the pilaf gets cooked place a paper towel between the pot and its lid, and let it stand for 20 minutes.
- # Grease a heat resistant medium sized tray, and place the cleaned and the heads of them separated anchovies on the tray fitly.
- # Place the rested pilaf on the anchovies.
- # Place the remaining anchovies on the pilaf.
- # Cook in the 374 F oven until their upper sides turn red.
- # Serve hot.

Note: Pilaf with Anchovies is one of the favourite meals of Black Sea Region of Turkey.