



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

Spicy Bulgur Pilaf

Baharatlı Bulgur Pilavı



2 cups cracked wheat, thin type
1/3 cup vegetable oil
2 medium onions
2 tsp currant
2 tsp sesame
4 garlic cloves
1 tsp thyme
1 tsp mint
4 cups water
1 + 1/2 tsp salt
1/2 tsp crushed red pepper
1/4 tsp black pepper

- # Put the oil into the pot, when it gets hot a little add the onion, and roast, when the onion gets cooked add finely sliced garlic.
- # Par-cook the garlic and add currants and sesame.
- # Roast until the colour of the mixture darkens.
- # Add the cracked wheat into the mixture, stir a few times and add all the spices, stir.
- # Add water and cook over medium heat for about 17-20 minutes.
- # Place a paper towel between the pot and its lid, and rest it for 20 minutes.
- # Serve hot or cold.

Note: You can serve this pilaf at tea time.