



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

Muceddere

Mceddere



1 cup cracked wheat
1 cup green lentils
4 medium onions
15 tbsp olive oil
2 + 1/2 tsp salt
1 cup water

- # Slice the onion into half circles, saut the onions with olive oil without covering the lid on.(at least half an hour)
- # Wash the cracked wheat, put into a deep bowl, pour hot water on it until it covers the cracked wheat, and rest it for half an hour.
- # Add the cracked wheat on the roasted onion, and roast them together for 10 minutes.
- # Add boiled green lentils, salt and 1 cup water. Cook over medium heat for 10 minutes.
- # Place a paper towel between the pot and its lid after removing the pot from the stove, rest it for 20 minutes at least.
- # Serve warm or cold.

Note: Muceddere is the traditional pilaf of Kilis.