



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

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## Persian Pilaf

Acem Pilavı



2 chicken breasts  
4 eggs  
1 cup rice  
7-8 parsley stems  
1 tbsp currant  
1 tbsp pine kernel  
7 tbsp vegetable oil  
1 tsp salt  
1/2 tsp black pepper  
1/2 tsp allspice  
2 cup water, gravy

- # Roast 1 cup washed and drained rice with 7 tbsp vegetable oil for 5 minutes, and add 2 cup water, sprinkle salt. At first cook over medium heat then over low heat for about 15-17 minutes. Place paper towel between the pot and its lid and let it stand for steeping.
- # Break and whisk an egg, and cook on greased skillet. Repeat this act for 4 eggs, by this way you will have 4 omelettes.
- # Add the chicken breasts which are boiled and picked to pieces, finely sliced parsley, black pepper, roasted pine kernels, roasted currants and finally allspice into the steeped pilaf, stir.
- # Put 1/4 of the pilaf on the middle of the each omelette and pack the omelettes.
- # Reverse the omelettes for getting the packed side down while putting on the pan.
- # Preheat the oven to 374 F and cook for 5 minutes.
- # Serve hot.

**Note:** Persian pilaf is a meal of Ottoman Cuisine.