



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

Spring Pilaf

Bahar Pilavı



2 cups rice
1 cup horse bean seeds
1 big onion
2 green onions
8.8 ounces lamb cubes
1/3 cup vegetable oil
1 bunch dill
4 cups water
1 + 1/2 tsp salt
1/2 tsp black pepper

- # Slice the onion and green onions finely.
- # Put the onion and green onion slices and lamb cubes into the pot, and place the pot over medium heat.
- # Sauté until the colour of the lamb cubes changes a little without oil addition, add the horse bean seeds, add water to cover the ingredients.
- # Cook until the whole water evaporates.
- # Roast the washed and drained rice with oil in a separate pot, until the rice turns to white totally.
- # Add water, salt and black pepper, when the water reaches to the boiling point turn the heat to low and cook the pilaf for 17 minutes.
- # At the end of the time add the sliced dill leaves, place a paper towel between the pot and its lid, and rest for steeping for 10 minutes.
- # After steeping the pilaf, add the mixture in the other pot, and stir gently without breaking the rice.
- # Serve hot.

Note: There is no need to rest the rice in water while cooking this pilaf, but you should wash it well.