



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

Soft and Mushy Pilaf

Lapa



2 cups rice
1/2 cup vegetable oil
4 cups grated tomatoes
5+1/2 cups water
4 long green peppers
1 big onion
2 tsp salt

- # Rest the rice in warm and salty water for half an hour. Then wash the rice with too much water for a few times, and then place it onto the strainer.
- # Put the vegetable oil into the pot, when it turns to hot totally, add the finely chopped onion in it, and roast it until it turns to transparent.
- # Add the peppers after removing their seeds and dicing them. When the peppers turn to yellow add the tomatoes in it.
- # Cook the tomatoes over medium heat until it reaches to the consistency of paste. Add rice in it, stir, about 1 - 2 minutes later add hot water and salt in it.
- # Cover the lid on and cook it over low heat for 15 minutes. Then check it for understanding if it is cooked or not. The rice must be deformed and watery.
- # Rest the pilaf for 10 minutes, without placing a paper between the pot and its lid.
- # Serve it without resting too much and while it is hot yet.

Note: You should eat it in a short time after cooking it. If you want to eat it later and heat it, the pilaf loses its taste.