



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

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## Coarsely Ground Wheat Pilaf

Yarma Pilav



1 cup coarsely ground wheat  
1 onion, medium size  
2 garlic cloves  
2 long green peppers  
1/2 tbsp pepper paste  
8 tbsp vegetable oil  
3/4 tsp salt

- # Put the wheat into the water at night, and the day after boil it with some water, and strain its water.
- # Put the vegetable oil into the pot, when it turns to hot, add the chopped onion and finely sliced garlic in it.
- # When the onion turns to transparent add the peppers which you removed their seeds and finely sliced, and add pepper paste and salt in it.
- # When the peppers turn to yellow, add the wheat in it and stir. Cover the lid of the pot, cook it over low heat for 10 minutes.
- # Serve it hot.

**Note:** You should boil the wheat for a longer time than normal, for cooking the pilaf.