



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

Coarsely Ground Wheat Pilaf

Yarma Pilavı



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.