



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

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## Ezogelin Pilaf

Ezogelin Pilavı



1 cup cracked wheat  
1 cup orzo  
1 cup rice  
1 tbsp butter  
6 tbsp sunflower oil  
1 onion, medium size  
2 red bell peppers  
1 cup grated tomato  
5 cups water or broth  
3/4 tsp salt  
1 tsp black pepper

- # Put the butter and the sunflower oil into the pot, when the butter melts and mixes with the oil add the orzo in it, roast until it turns to red.
- # Add the finely chopped onion in it, sauté until it softens.
- # Remove the seeds of the bell peppers and chop them, and then add them into the mixture.
- # When the colour changes add the washed and drained but not rested water cracked wheat and rice in it.
- # After roasting the mixture for 5 minutes, add the grated tomato, salt, black pepper and broth in it, cover the lid of the pot.
- # At first cook the pilaf over high heat for 5 minutes and the cook it over low heat for 15 minutes. (Total 20 minutes)
- # And then place a paper towel between the pot and its lid, and rest the pilaf for half an hour.
- # Stir it gently, and serve it hot.

**Not:** Boiled and pickled into the pieces chicken may be added into the pilaf just before the serving.