



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

Pilaf with Green Lentil

Yeşil Mercimekli Pilav



2 cups rice
1/2 cup red lentils
1 + 1/2 tbsp butter
4 tbsp vegetable oil
3 cups water or broth
1 tsp salt

- # At night clean the lentil, and wash them, and add 2 cups of water on it. The day after pour this mixture into a pot and cook over very low heat, until all of the water evaporates.
- # Meanwhile rest the rice in too much hot water which also includes, salt and a few drops of lemon juice for half an hour. Then wash it with cold water to remove the starch over the rice.
- # Put the butter and the oil into the pot. When the butter melts and mixes with the oil add the rice into the pot. Roast it until the rice turns to transparent.
- # Add the boiled lentil on it, and roast it for a few more minutes. Add the broth and the salt in it.
- # Cover the lid of the pot. When the pilaf starts to boil, turn the heat to low, and cook it for 15 more minutes.
- # Place a paper towel between the pot and its lid, rest it for half an hour at least. Stir it gently. Serve hot.

Note: Lentil includes A, B, C vitamins and also iron. The iron in the lentil equals to the iron in the egg. Lentil also includes protein; 3.5 ounces lentil includes 0.9 ounces protein.