



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

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## Hidrellez Pilaf

Hidrellez Pilavi



2 cups cracked wheat for pilaf  
2 onions, medium size  
1 pinch saffron or curry  
2 carrots, medium size  
1/2 tsp cinnamon  
1/2 tsp allspice  
1 tsp sesame  
1 tsp black pepper  
2 tsp salt  
6 tbsp vegetable oil  
3 + 1/2 cups water or broth

To garnish;  
1/3 cup pounded walnut

- # Put the vegetable oil into the pot, when it turns to hot over medium heat, add the chopped onion in it.
- # When the onions get roasted and turn to transparent, add the carrots which are sliced a little bit thicker than match, add washed and strained cracked wheat, add saffron or curry also.
- # After roasting the ingredients for about 3 – 4 minutes, add 3 + 1/2 cups of water or broth in it.
- # Cover the lid of the pot of pilaf, at first cook it over medium heat, then cook it over low heat for 15 minutes.
- # Add salt, black pepper, sesame, allspice and cinnamon into the pilaf, and stir it. Cover the lid of the pot and cook for about 1 - 2 minutes more over low heat.
- # Remove the pilaf from the stove and rest it for half an hour. (There is no need to place ad paper towel between the pot and its lid.)
- # Place it onto the service plates while it is hot yet, and sprinkle walnut which is pounded thickly all over the pilaf. Serve the pilaf with green onions.

**Note:** This pilaf is cooked for the Hidrellez festivals which are observed at countryside.