



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

Simitasi Pilaf

Simitaşı



2 cups cracked wheat
1 cup chickpeas
1/3 cup sunflower oil
1 tbsp butter
1 tbsp tomato paste
1/2 tbsp pepper paste
4 cups water or broth
1 + 1/2 tsp salt

- # Put the chickpeas into water at night. The day after, boil the chickpeas with their water standing in it.
- # Put the vegetable oil and the butter into the pot. When the butter melts add 1 cup of cracked wheat into the pot, roast until the colour of the cracked wheat changes a little.
- # Add tomato paste and pepper paste in it. Roast until getting the mixture smooth.
- # Add the boiled chickpeas in it, add 4 cups of water or broth also, and let it boil.
- # When it starts to boil add the remaining cracked wheat, and sprinkle salt, stir the mixture, cover the lid of the pot.
- # Turn the heat to very low. Cook it for 20 minutes without uncovering the lid.
- # At the end of the cooking time remove the pot from the stove, do not place a paper or do not uncover the lid, rest it for half an hour.
- # Stir it by a fork just before the serving, you can sprinkle black pepper all over if you wish.

Note: Cracked wheat is called as Simit in Gaziantep region. You can cook this pilaf without adding paste also.