



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

Bulgur Pilaf with Liver

Ciğerli Bulgur Pilavı



2 cups bulgur, for pilaf
1 onion, medium size
7 tbsp vegetable oil
1 tsp salt
4 cups water or chicken broth

For Liver Mixture;
8.8 ounces chicken liver
1 small onion
4 tbsp vegetable oil
1/2 tsp salt

- # Firstly, prepare the pilaf. Put 7 tbsp vegetable oil into the pot. When it turns to hot, add the half circle shaped sliced onion in it.
- # Roast until the onion loses its original shape, add the washed and strained bulgur in it and add salt also, roast the mixture for about 2 - 3 minutes.
- # Add 4 cups of water or chicken broth into the pilaf, cover the lid of the pot. Cook it over medium heat for 20 minutes. Then remove it from the stove.
- # While resting the pilaf, prepare the mixture of liver. Put 4 tbsp vegetable oil into a separate pot. When the oil turns to hot, add the finely sliced small onion in it, roast until it softens.
- # Add diced chicken liver on it. Cook it for about 15 - 20 minutes without lid, add salt in it and remove the pot from the stove.
- # Wet the bowl when you want to serve it. Put about 1/6 of the liver mixture into the bowl by forcing on it, add pilaf to fill the bowl by forcing a little. And then, reverse the bowl onto the service plate.
- # Serve it hot or warm.

Note: Bulgur pilaf with Liver is one of the favourite meals of Hakkari.