



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

Bulgur Pilaf with Dried Horse Beans

Kuru Baklalı Bulgur Pilavı



1 + 1/2 cups of dried horse beans
2 cups cracked wheat
2 onions, medium size
1 tbsp pepper paste
1/2 cup vegetable oil
5 + 1/2 cups water
2 tsp salt

- # Put the vegetable oil into the pot, add the chopped onions in it. Roast until the onions turn to watery.
- # Add the pepper paste and washed dry horse beans into the pot and stir the mixture. Add 3 cups of hot water in it.
- # Cover the lid of the pot and cook it over medium heat for half an hour, meanwhile wash the cracked wheat and strain it.
- # Uncover the lid of the pot. If the horse beans softened add the washed cracked wheat, salt and 2 + 1/2 cups of water into the pot.
- # Cook it for 15 more minutes, then remove it from the stove and let it stand for steeping.
- # Serve it hot or warm.

Note: This pilaf is cooked in Antakya region commonly.