



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

Pilaf with Black Eyed Peas

Lolazlı Pilav



1 cup cracked wheat for pilaf
8.8 ounces black eyed peas
1/2 tbsp tomato paste
1 tsp salt
1 medium onion
6 tbsp sunflower oil
2 cups water

- # Clean the black eyed peas and wash them. Cut them into pieces each has 1 inch width. Put them into a pot and add 2 cups of water in it, cover the lid of the pot and boil it for 15 minutes.
- # Add the washed cracked wheat, tomato paste and 1/2 tsp salt in it. Turn the heat to a level between medium and low, and cook it for 15 minutes.
- # Meanwhile put the sunflower oil into a separate skillet. When the oil turns to hot add the finely chopped onion in it, and add 1/2 tsp salt in it. Roast until the size of the onions decreases.
- # Add the roasted onion into the pilaf, and stir it gently.
- # Cover the lid of the pot and rest it for about 15 – 20 minutes without placing a paper towel between the pot and its lid.
- # Serve it hot.

Note: Pilaf with Black Eyed Peas is from the Gaziantep region. Black Eyed Pea is called as “Lolaz” in that region.