



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

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## Pilaf with Pistachios

Fıstıklı Pilav



2 cups rice  
1/3 cup pistachios  
1 big carrot  
8 tbsp vegetable oil  
1+1/2 tsp salt  
3 cups of water or broth

- # Put the rice into a bowl and add hot salty water on it until the water covers it, rest it for half an hour. Meanwhile rest the pistachios in boiling water for about 4 – 5 minutes, and decorticate them.
- # Put the vegetable into a pot. When the oil turns to hot over heat, add the decorticated pistachios in it. After roasting it for about 1 – 2 minutes, add the thickly grated carrot in it.
- #Roast the carrot with the pistachios until the carrot dries. Add rested and washed rice and salt in it. Roast until the rice turns to transparent.
- # Finally add 3 cups of cold water broth in it. Stir the mixture and cover the lid of the pot.
- # Firstly, cook the pilaf over medium heat, then cook it over low heat for 10 minutes, then remove it from the stove. (20 minutes total.)
- # Place a paper towel between the pot and its layer urgently, and rest the pilaf for half an hour.
- # Wet a bowl when you want to serve the pilaf. Stir the pilaf gently and fill the pilaf into the bowl by forcing a little. Then reverse this bowl onto a flat service plate.

**Note:** %80 of the pistachios all over the world is produced in Turkey, especially in Gaziantep region.