



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

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## Kirido

Kirido



2 cups cracked wheat for pilaf  
1 big onion  
8.8 ounces ground meat  
2 cups yogurt  
2 cups water  
8 tbsp sunflower oil  
1 tsp salt

- # Put the sunflower oil into the pot, heat it until turns to hot. Add onion which is finely chopped and 1/2 tsp salt into the pot. Roast it until the onion turns to transparent.
- # Add ground meat in it, roast until the water of the meat evaporates totally. Add the washed cracked wheat in it, roast it for a few more minutes, remove the pot from the stove, rest it for 10 minutes.
- # Meanwhile prepare the buttermilk by mixing the yogurt, water and 1/2 tsp salt. Add the buttermilk into the mixture of cracked wheat which turned to tepid, stir it, place the pot over the heat which is between medium and low.
- # Cover the lid of the pot, cook it for 17 minutes. Rest it for about 15 minutes without uncovering the lid of the pot.
- # Then stir it, you can pour hot butter all over if you wish. Serve it hot.

**Note:** Kirido is one of the favourite pilaffs in Erzincan. Braised lamb meat cubes browned in its own fat, is added into the pilaf instead of ground meat in this region.