



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

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## Soft and Mushy Pilaf with Dugurcuk

Düğürçük Lapa



2 cups bulgur, for meatballs type  
6 cups broth  
2 medium onions  
1 tbsp tomato paste  
1/3 cup vegetable oil  
1 tsp salt

- # Add 1/2 tsp salt into the broth, boil it. Then, turn the heat to medium, add dry bulgur in it.
- # Do not cover the lid of the pot and cook it for about 7 – 8 minutes by stirring time to time. Bulgur will be a little sticky.
- # Put the vegetable oil into a separate pot. When the oil turns to hot, add the chopped onions and 1/2 tsp salt in it and roast the mixture.
- # When the onion turns to transparent add tomato paste, roast it for about 1 – 2 more minutes, then remove it from the stove.
- # Place the soft and mushy pilaf on a service plate. Add the roasted mixture of paste and onion onto the pilaf.
- # You can also pour the mixture of the onion into the pilaf and mix it, if you wish.

**Note:** Dugurcuk is the name of bulgur powder in Erzincan.