



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 Firik

Firikli Pilav



1 cup firik  
1 cup bulgur, for pilaf type  
1 cup chickpeas  
8.8 ounces veal cubes  
1/2 cup olive oil  
1 tbsp tomato paste  
1/2 tbsp pepper paste  
1 tsp black pepper  
1 + 1/2 tsp salt  
3 + 1/2 cup broth

# Firstly clean the chickpeas at night, wash them, and then place them into water. The day after, pour the chickpeas into the pot with their water and boil them.

# Add water onto the veal cubes, until the water covers the veal cubes, and boil this mixture in a pot or pressure cooker.

# Place the boiled veal cubes over a strainer. Add some water onto the broth to get 3 + 1/2 cups broth. Pour this broth into a pot and boil it.

# Add tomato paste, pepper paste, salt, black pepper, boiled and strained chickpeas, washed firik, and bulgur into the boiling broth. Cover the lid of the pot and cook it over low heat for 20 minutes.

# Meanwhile fry the boiled veal cubes in olive oil until they turn to red totally.

# At the end of the cooking time of the pilaf, add the fried veal cubes into the pilaf, and stir. Cook it for about 2 – 3 more minutes, rest the pilaf for about 15 – 20 minutes. Serve it hot.

**Not:** Firik is a kind of bulgur which is produced in Gaziantep region. If you can't find firik, you can cook the pilaf with just bulgur.