



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

Pilaf with Purslane

Semizli Pilav



2 cup bulgur, for pilaf style
2 cups cleaned purslane
2 cups yogurt
1 tomato
5 green onions
2 garlic cloves
8 - 10 stems of parsley
6 tbsp vegetable oil
2 + 1/2 cups water
1 + 1/2 tsp salt
1/2 tsp black pepper

- # Put the vegetable oil into the pot. Finely slice the garlic cloves and add it into the oil, when the oil turns to hot, and sauté it for a while.
- # Add washed bulgur in it, and roast it until the bulgur hardens.
- # Then add 2 cups water and 1/2 cup of yogurt and water mixture in it.
- # Cover the lid of the pot, turn the heat to medium-low, cook the pilaf for 20 minutes.
- # Meanwhile slice the washed purslane, parsley and green onions. Peel the tomatoes, dice them.
- # Add the prepared ingredients into the pilaf, add black pepper and salt in it also. Stir the pilaf, cover the lid of the pot and cook the pilaf for 5 more minutes over low heat.
- # Rest the pilaf for 30 minutes, then serve it hot.

Note: Pilaf with Purslane is one of the favourite recipes of Kastamonu, which is also well-known with its other pilaf recipes.