



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

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## Molhatali Dish

Molhatalı Aş



1 cup bulgur  
1 cup red lentil  
1 big onion  
1 tsp pepper paste  
1 tsp tomato paste  
11 tbsp vegetable oil  
1 tsp crushed red pepper  
1 tsp salt  
3 + 1/2 cups water

- # Wash the red lentil with cold water and strain it, then put it into a pot. Add 2 cups water, 1/2 tsp crushed red pepper and 3 tbsp vegetable oil in it.
- # Place the pot over low heat. Cook until the lentils lose their original shape, by stirring time to time.
- # Add washed bulgur, tomato paste, pepper paste, 1/2 tsp crushed red pepper, salt and 1 + 1/2 cups hot water in it. Cover the lid of the pot, cook the pilaf for 20 minutes.
- # Meanwhile roast the finely sliced onion with 8 tbsp vegetable oil, over medium heat.
- # Add half of the roasted onion into the cooked pilaf, stir and rest it for 10 minutes.
- # Place the remaining half of the roasted onion onto the pilaf at service.

Note: Molhatali Dish is the pilaf which is cooked in Gaziantep region.