



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

Molhatali Dish

Molhatalı Aş



1 cup bulgur
1 cup red lentil
1 big onion
1 tsp pepper paste
1 tsp tomato paste
11 tbs 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 tbs 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 tbs 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.