



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

Kabune

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3 cups rice
1.10 pounds boneless veal
2 onions
3 long green peppers
8 tbsp sunflower oil
2 tbsp butter
1 + 1/2 tsp salt
4 + 1/2 cups broth

- # Boil the veal and pick it into pieces. Rest the rice in warm salty water for half an hour. Then wash the rice to remove the starch over it, and strain it well.
- # Put 8 tbsp sunflower oil into the pot. When the oil turns to hot over medium heat, add rice in it and roast until the rice turns to transparent. (For about 10 minutes.)
- # Put the roasted rice into a separate bowl. Put half circle shaped sliced onions and mixed with 1/2 tsp salt into the pot which you roasted the rice.
- # Add picked veal into the pot. Then add finely sliced peppers in it also.
- # Finally add the roasted rice into the pot by forcing a little on it. Put small butter pieces onto the rice, sprinkle salt all over, add broth also, do not stir the mixture.
- # Cover the lid of the pot. Cook over medium heat for 10 minutes, then turn the heat to low and cook the pilaf over low heat for 15 more minutes.
- # Remove the pot from the stove at the end of cooking time, then place a paper towel over the pilaf and rest it for 20 minutes.
- # Then mix the pilaf without mashing the rice, and rest it for 10 more minutes.
- # Place it onto the service plate and serve hot.

Not: Kabune, a kind of pilaf with meat, is indigenous to Isparta.