



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

Uruc Pilaf

Uruç Kapaması



4 cups rice
26.5 ounces lamb cubes
1 + 1/2 cups chickpea
4 long green peppers
2 medium onions
2 medium tomatoes
1/2 pack butter (4.4 ounces)
1 tsp black pepper
2 tsp salt
6 cups water

- # Wash the chickpeas at night, and rest them in water overnight. The day after, boil it until the chickpea softens.
- # Put lamb cubes, finely sliced onions, seeds removed and thickly chopped peppers, peeled and diced tomatoes into a pot.
- # Roast it until the broth evaporates, add salt and black pepper and stir the mixture.
- # Meanwhile clean the rice and rest it in warm salty water for half an hour. Then wash it with cold too much water.
- # Mix the roasted lamb cubes with boiled chickpea. Fill the mixture into Turkish style long and narrow casserole (earthenware water jug) or into a narrow and small pot.
- # Reverse the jug onto a tray which has high edges. Pour 6 cups water into the tray. When the water starts to boil, add butter and salt into the water. When the butter melts and dissolves in water add rice into the boiling water.
- # When the mixture of rice starts to boil, turn the heat to low. Cook it for 10 more minutes over low heat, then remove the tray from the stove.
- # Rest the pilaf for about 15 minutes. Stir the pilaf well before removing the jug from the pilaf. Then pour the mixture of the cubes and chickpea in the jug onto the pilaf.
- # Serve it hot.

Note: Uruc, the city of Beypazari/Ankara is famous with its "Uruc Kapama Pilaf". Special earthenware cooking jugs and ovens are produced in that city for cooking this recipe.