



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

Pilaf with Calf's Brain

Beyinli Pilav



2 cups rice
1 calf's brain
1/2 cup vegetable oil
3 cups water
1 + 1/2 tsp salt

- # Rest the rice in warm salty water for half an hour. Meanwhile wash the brain with cold water, and peel its skin.
- # Then dice the brain after peeling it.
- # Put vegetable oil into the pot and make it hot. Add the rice (rested in water and washed a few times and strained) into the pot.
- # Roast the rice, until it turns to hard and transparent. Add salt and warm water in it.
- # Finally place the diced brain all over, do not stir and cover the lid of the pot.
- # Firstly cook the pilaf over medium heat for 10 minutes, then cook it over low heat for 10 minutes (20 minutes total). Then remove it from the stove. Place a paper towel between the pot and its lid, rest the pilaf for half an hour.
- # At the end of resting time, stir the pilaf gently without mashing the pilaf and brain.
- # Serve it however you wish to.

Note: 3 lamb brains can be used instead of 1 calf's brain.