



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

Colourful Pilaf with Anchovies

Renkli Hamsili Pilav



1.10 pounds anchovy
2 cups rice
1 onion
1 big potato
1 big carrot
1/3 cup sunflower oil
1 tbsp tomato paste
2 tsp salt
1/2 tsp black pepper
2 + 1/2 – 3 cups water

Clean the rice, put it into hot salty water, rest rice in water for half an hour at least. Cut off the heads and its bones. Wash the anchovies and strain them well.

Put sunflower oil into a pot. When the oil gets hot, add finely sliced onion in it.

When the onion turns to transparent, add diced cubes in it. 5 minutes later, add diced potato in it.

Cover the lid of the pot and cook the mixture over medium heat for 10 minutes, add paste in it.

Then add the anchovies in it, sauté it for a while. Then add washed and strained rice in it.

Add salt and black pepper in it without stirring it too much. Add 2+1/2 – 3 cups water in it.

Cover the lid of the pot. Firstly, cook it over medium heat for 10 minutes, then cook it over low heat for 12 minutes. (22 minutes total.)

Remove it from the stove, place a paper towel between the pot and its lid. Rest the pilaf for half an hour, and then stir it gently and serve hot.

Note: Anchovy gets cooked easily, so there is no need to pre-cook it.