



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

Star Pilaf

Yıldız Pilavı



2 cups rice
1/2 cup sunflower oil
3 carrots
1 cup canned green peas
3 pieces of chicken fillet
3 cups broth
1 tsp salt

- # Firstly, boil the chicken, rest the rice in salty warm water for 1 hour. Add canned green peas and thickly grated carrots in it.
- # Put some of the oil into a pot which has a flat layer, lay it to whole floor. Cut the chicken pieces horizontally and place them onto the floor of the pot as star.
- # Add the mixture of canned green peas and carrots onto the chicken pieces, add some oil and half of the salt on it.
- # Add the rice which is rested in water and then washed a few times to remove the starch over them, into the pot by forcing on it a little.
- # Add the remaining oil, salt and broth onto the mixture charily for not to loose the shape of the rice. Cover the lid of the pot.
- # Firstly cook the pilaf over medium heat for 5 minutes, then cook it over low heat for 1 minutes. (22 minutes total.) Place a paper towel between the pot and its lid and rest the pilaf for 1 hour.
- #At the end of the resting time, force onto the pilaf gently by a spoon to make it stand firmly. Then reverse the pilaf over a flat service plate to serve.

Note: Roasted onion may be added into the star pilaf, if you wish.