



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.