



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

Enzade Pilaf

Enzade Pilavi



2 + 1/2 cups rice
1.10 pounds fatless veal cubes
1 cup grated tomato
1 tbsp butter
5 tbsp sunflower oil
1 tsp black pepper
2 tsp salt
2 + 1/2 cups water

- # Put the butter and the sunflower oil into the pot. When the butter melts add veal cubes into the pot.
- # Firstly, roast it over high heat for 10 minutes, then cook it over low heat for 30 more minutes without uncovering the lid of the pot.
- # Meanwhile rest the rice in warm salty water which also includes lemon juice for half an hour at least.
- # At the end of the cooking time, add tomato paste, 1 tsp salt and black pepper into the pot. Cook it for 5 more minutes.
- # Smoothen the mixture of meat on the layer of the pot by the back side of a spoon. Add the rested rice onto the mixture charily for not losing the smooth shape of the mixture.
- # Sprinkle the remaining salt all over the rice, add 2+1/2 cups water and cover the lid of the pot.
- # Cook the pilaf over low-medium heat for about 17-20 minutes. Remove the pot from the stove and place a paper towel between the pot and its lid and rest the pilaf for half an hour.
- # At the end of the resting time, reverse the pot over the service plate without losing it its shape.

Note: It is advised to use a pot which has a flat layer for cooking enzade pilaf.