



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

Sultan Reshad's Pilaf

Sultan Reşat Pilavı



2 cups rice
1/2 cup vegetable oil
3 cups broth or water
1 tsp salt

For meatballs;
10.5 ounces ground meat
1 small onion
1 thick slice of stale bread
1 pinch salt
1 pinch black pepper
4 tbsp vegetable oil
1 tbsp tomato paste
1/2 cup water

- # Clean the rice, rest in warm salty water which also includes a few drops of lemon juice, for half an hour. At the end of the resting time, wash the rice for a few times with cold water, drain.
- # Put 1/2 cup vegetable oil into the pot and make it hot. Add drained rice and salt in it. Roast it over medium heat for 5 minute by stirring constantly.
- # Add 3 cups broth or water in it. Firstly, cook over medium heat for 10 minutes, then cook over low heat for 10 minutes (20 minutes total). Place a paper towel between the pot and its lid and rest the pilaf for half an hour.
- # Meanwhile prepare the meatballs; grate the onion onto the bread slice, mix it for a while. Add ground meat, salt and black pepper in it, knead it for a while. Shape them as grapes.
- # Put 4 tbsp vegetable oil into a large skillet and make it hot. Add the meatballs in it. Cook the meatballs totally by shaking the skillet time to time. Pour the mixture of tomato paste and 1/2 cup water, all over the meatballs. Cover the lid of the pot and cook it for about 15 minutes over low heat.
- # Stir the rested pilaf gently without mashing the rice. Fill a wet bowl by forcing a little onto the pilaf, then reverse the pot onto a service plate.
- # Place the meatballs over the pilaf and serve it hot.

Note: Tomato may be added into the Sultan Reshad's Pilaf Sultan instead of tomato paste.