



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

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## Pilaf Cauliflower

Karnabaharlı Pilav



2 cups rice  
2 cups cleaned cauliflowers  
1 medium onion  
3 garlic cloves  
2 long green peppers  
5 tbsp olive oil  
3 cups broth or water  
1 + 1/2 tsp salt  
1 tsp powdered sweet red pepper  
1/2 tsp black pepper

- # Firstly, rest the rice in hot salty water for half an hour.
- # Put the olive oil into the pot and make it hot over medium heat. Add finely sliced onion and garlic in it. Roast until the onion turns to transparent.
- # Add the cauliflowers which are picked into small pieces and washed, and add the sliced long green peppers.
- # Sauté the mixture for a few times, add 3 cups broth or water in it, add red pepper powder in it and cook it for 10 minutes.
- # At the end of the time, add salt and the rice which is rested, washed and drained, into the simmering mixture.
- # Cover the lid of the pot, firstly cook over medium heat for 5 minutes, then cook over low heat for 15 minutes (20 minutes total).
- # Place a paper towel between the pot and its lid to steep, and rest the pilaf for half an hour.
- # Stir it before serving and serve it hot.

**Note:** Broccoli may be added instead of cauliflower.