



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

Pilaf with Artichoke

Enginarlı Pilav



2 big artichokes
2 cups rice
1/3 cup olive oil
1 medium onion
2 tsp salt
7 - 8 stems of parsley
5 cups water

- # Decorticate the artichokes, clean it by a spoon and spread lemon all over to prevent they darken.
- # Chop the onion, roast in olive oil until it turns to yellow.
- # Add thickly cut artichoke pieces in it and sauté for a few times, then add 5 cups hot water. Boil it for half an hour.
- # Meanwhile clean the rice, and rest it in salty warm water for half an hour to make them grow.
- # Add the grown, washed and drained rice into the boiled and softened artichoke.
- # Turn the heat to low, cover the lid and cook it for 20 minutes.
- # At the end of the cooking time, place a paper towel between the pot and its lid, rest the pilaf for half an hour.
- # Sprinkle finely sliced dill all over the pilaf and stir it gently, rest it for a while.
- # Serve it cold.

Note: Artichoke is sanative for liver.