



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

Pilaf with Green Peas

Bezelyeli Pilav



2 cups rice
1 cup canned green peas
1 bunch parsley stalk
1/2 cup vegetable oil
1 + 1/2 tsp salt
3 cups water or broth

- # Rest the cleaned rice in boiling salt too much water. When the water turns to cool, wash the rice with cold water for a few times and drain it.
- # Put vegetable oil into the pot and make it hot over medium heat. Add finely sliced stalks of parsley in it.
- # Roast the parsley stalks without burning them, just change their colour a little.
- # Then add rice and salt in it, roast it for about 8 – 10 minutes without breaking the rice.
- # Add drained canned green peas onto the mixture, and sauté it for about 1 – 2 minutes.
- # Finally add the broth or water in it, mix and cover the lid of the pot.
- # Firstly cook over medium heat for 5 minutes, then cook over low heat for 15 minutes, and then remove it from the stove.
- # Place a paper towel or a fabric between the pot and its lid, rest it for about 25 – 30 minutes.
- # Wet the bowl just before serving the pilaf. Fill the rested and stirred pilaf into the bowl by forcing a little on the pilaf, and reverse it over a flat plate.

Note: The feeding value of the parsley is in its stalk. 1 ounce parsley everyday, is enough for your daily A and C vitamins necessity.