



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

Pilaf with Cabbage

Lahanalı Pilav



2 cups rice
1 + 1/2 cups finely sliced cabbage
1 medium carrot
3 medium green onions
1 tsp curry or cumin
1/2 cup vegetable oil
3 cups water or broth
1 + 1/2 tsp salt

- # Rest the rice in salty too much water. Rest it while doing the other processes.
- # Slice the cabbage in match thickness, grate the carrot and slice the green onions finely.
- # Put the vegetable oil into the pot and make it hot over medium heat. Add curry or cumin and roast until the spice gives its colour to the mixture.
- # Add cabbage, carrot and green onion into the mixture, and cook over high heat until the cabbage gives its juice and soaks it again by stirring constantly.
- # Then add the rice which is rested and washed a few times until the starch goes away. Roast it over medium heat for about 3 - 4 minutes.
- # Sprinkle salt all over the mixture, add 3 cups water or broth into the mixture.
- # Cover the lid of the pot, firstly cook over medium heat for 10 minutes, then cook over low heat for 10 more minutes, as total 20 minutes.
- # Place a paper towel between the pot and its lid and rest the pilaf for half an hour.
- # Serve it hot.

Note: Soy bean may be added into the pilaf instead of cabbage with same measure.