



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

Pilaf with Zucchini

Kabaklı Pilav



2 medium zucchinis
2 cups rice
1/3 cup sunflower oil
1/2 tbsp butter
2 green onions
1 + 1/2 tsp salt
3 cups water or broth

For Upper Side;
Dill

- # Wash the rice, rest it in warm water for half an hour at least.
- # Slice the white side of the green onions finely, and roast it with half of the oil in a skillet.
- # After roasting the green onions particularly, add the thickly grated zucchinis, stir. Cover the lid of the pot and cook it for 10 minutes at least without salt addition.
- # Put the remaining oil into a separate pot and make it hot. Then add the drained and well washed rice into the mixture, roast it for 5 minutes without breaking the rice.
- # Add the mixture of zucchini into the roasted rice, sprinkle salt all over. Add 3 cups water or broth in it.
- # Cover the lid of the pot. Firstly cook it over high heat for 10 minutes, then cook over low heat for 10 more minutes, in total 20 minutes.
- # Cover the pilaf, which is removed from the stove, with paper towel and rest the pilaf for half an hour.
- # Wet a bowl just before serving the pilaf, fill the bowl with pilaf by forcing a little on it, then reverse the pilaf over the service plate.
- # Place dill over the pilaf and serve it hot.

Note: If you add salt while roasting the zucchinis, zucchinis turn more watery and this effects the water ratio of pilaf.