



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

Roasted Pilaf with Eggplant

Fırında Patlıcanlı Pilav



2 cups rice
8.8 ounces veal cubes
2 medium eggplants
1 medium onion
10 tbsp vegetable oil
1 + 1/2 cups grated tomato
1 + 1/2 cups broth
1 + 1/2 tsp salt
1/2 tsp black pepper

Rest the rice in warm water for half an hour, then wash it with cold too much water. Peel the eggplants, rest them in salty water for half an hour, drain, cut them into cubes and fry in hot oil. Then put them onto a paper towel.

Put the vegetable into the pot, make it hot. Add finely diced onion in it and fry until they become smaller.

Then add the veal cubes. After cooking it until the broth evaporates, add the rice in it. Roast it until the rice hardens.

Place the mixture into medium size heat-resistant baking tray. Mix the grated tomato, broth and salt in a deep bowl and pour this mixture over the mixture in the tray.

Cover the baking tray with aluminium foil or greaseproof paper firmly. Then place the tray into the oven which is preheated to 410 F.

About 30 minutes later, remove it from the oven and check if it is cooked or not. If it is not cooked, bake it for about 5 - 10 more minutes.

Remove the aluminium foil over the tray, about 30 minutes later removing it from the oven. Stir the meal gently and place it onto the service plate.

Serve it hot.

Note: 1 cup canned corn may be added into the Roasted Pilaf with Eggplant, if you wish.