



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

Olive Oil Pilaf with Cowpea

Zeytinyağlı Börülceli Pilav



1 + 1/2 cups rice
8.8 ounces cowpea
1 small onion
2 garlic cloves
5 tbsp olive oil
1 tsp salt
2 + 1/2 - 3 water

- # Clean the cowpeas and wash them, and slice them into about 1 inch thickness and place them into the pot. Add water on it, until the water covers the cowpeas. Cover the lid of the pot and cook it over medium heat until the cowpeas soften.
- # Then drain the cowpeas and get its water in order to use for pilaf.
- # Put the olive oil and finely diced onion into a pot, roast it over medium heat until the onion seems dry without burning them.
- # Add the rice, which is washed too much water and not rested in water, and finely sliced garlic cloves into the mixture. Roast these ingredients for about 5 minutes.
- # Add the drained cowpeas, and roast the mixture for a few more minutes.
- # Then add salt and 2+1/2 – 3 cups of water, which you boiled cowpeas in it. (If the water is less than the given measure you can add water for adjustment.)
- # Cook the pilaf over low-medium heat for 20 minutes. Cover it with paper towel and rest it for 1 hour.
- # Serve it warm or cold.

Note: It is advised to refrigerate the Olive Oil Pilaf with Cowpeas overnight for a better flavour.