



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

Pilaf with Spinach

Ispanaklı Pilav



2 cups rice
1 small onion
1 small bunch of spinach
1/3 cup vegetable oil
1 tsp tomato paste
1 tsp salt
3 + 1/2 cups water or broth

- # Put the vegetable oil into a pot and make it hot. Add finely sliced onion and salt in it. Roast it until the onion slices loose their shapes and become small.
- # Add the rice, which is not rested in water but washed with too much water, roast it for 5 minutes.
- # Then add water or broth in it. Cover the lid of the pot on. Firstly, cook it over high heat for 5 minutes, then cook it over low heat for 15 minutes, in total 20 minutes.
- # Place a paper towel between the pot and its lid, and rest it for half an hour.
- # Meanwhile, put 2 tbsp vegetable oil and the spinach which is washed and finely sliced, stir and cover the lid of the pot. Cook it over low heat for 20 – 25 minutes, remove it from the stove.
- # Divide the rested pilaf into 3 pieces. Add the cooked spinach into the first part of the pilaf, stir it gently. Add the tomato paste which is mixed with 4 tbsp water, into the second part of the pilaf, stir it. Do not add anything into the third part of the pilaf.
- # Wet a tray or a cake mould. Firstly put the pilaf with spinach into the mould by forcing a little on it to shape it firmly. Then add the pilaf which is not mixed with anything, and then add the pilaf which is mixed with tomato paste, by forcing a little on it.
- # Bake the pilaf with its mould in the oven, which is preheated to 356F, for about 10 – minutes. Reverse it over a flat service plate.

Not: A small carrot also may be added into the pilaf, as the third colour.