



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

Bulgur Pilaf with Almond

Bademli Bulgur Pilavı



2 + 1/2 cups bulgur, for pilaf
1 cup chickpea
1/3 cup red lentil
2 banana peppers
4 green onions
1 medium onion
7 tbsp vegetable oil
1 tsp crushed red pepper
4 + 1/2 cups broth
2 tsp salt

For Upper Side;
1/3 cup almonds
1 tbsp butter

- # Put vegetable oil and finely sliced onion into the pot. Roast it over medium heat until the onion turns to transparent.
- # Add finely sliced banana pepper and finely sliced white parts of the green onions, sauté it for a while.
- # Then add washed and drained bulgur, red lentil, boiled chickpea and finely sliced green parts of the green onions.
- # After roasting it until the bulgur hardens, add crushed red pepper, salt and broth in it, stir and cover the lid of the pot on.
- # Firstly, cook the pilaf over medium heat for 10 minutes, then cook it over low heat for 15 minutes, in total 25 minutes. Remove it from the stove, rest it for half an hour at least without uncovering the lid.
- # Meanwhile, decorticate the inner skins of the almonds (Boil the almonds for a few minutes, then remove the skins of the almonds.). Roast the almonds in butter, until they turn to pink.
- # Put the rested pilaf onto the service plate, sprinkle the roasted almonds all over the pilaf and serve it.

Note: Peanuts or decorticated sweet almond kernels may be used instead of almonds.