



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

Bulgur Pilaf with Poppy

Hařhařlı Bulgur Pilavı



2 cups bulgur, for pilaf
1 cup poppy powder
3 + 1/2 cups water
9 tbsp sunflower oil
2 tsp salt

- # Put water and salt into a pot and boil it. Then add washed and drained bulgur in it.
- # Cook it over medium heat for 15 minutes by stirring time to time.
- # Add sunflower oil and poppy powder in it, stir and cover the lid of the pot, cook it over low heat for 5 more minutes.
- # Remove the pot from the stove, and rest it for half an hour without uncovering the lid. Then stir it gently and serve.

Note: There are 2 kinds of poppy powder. One of them is white and the other one is blue.