



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

Bulgur Pilaf with Eggplant

Patlıcanlı Bulgur Pilavi



2 cups bulgur, for pilaf
2 medium eggplants
1 big onion
1/3 cup olive oil
1 cup finely chopped tomato
3 cups water
1 tsp dried mint
1 tsp salt

- # Peel the eggplants, chop them into big hazelnut size, rest in salty water for half an hour. Then place it over a drainer.
- # Put olive oil into a pot and make it hot over medium heat. Then add finely cut onion and salt in it, roast until it turns to transparent.
- # Add tomatoes and eggplant in it, sauté it for a while, add 3 cups hot water in it. Cover the lid of the pot and cook it over medium heat for about 7 – 10 minutes.
- # Then add washed and drained bulgur, and add dried mint in it, stir. Cover the lid of the pot, cook it over low heat for 15 minutes.
- # Rest the bulgur pilaf with eggplant for about 15 - 20 minutes.
- # Serve it warm.

Note: This pilaf may be cooked by frying the eggplants also. But this recipe decreases the fat ratio of the meal.