



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

Bulgur Pilaf with Walnut

Cevizli Bulgur Pilavı



2 cups bulgur, for pilaf
1 medium onion
1 cup walnut
2 garlic cloves
1 tsp pepper paste
1/2 cup vegetable oil
3 + 1/2 cups water

- # Dice the onion finely, roast it with 1/3 vegetable oil, until it turns to yellow.
- # Add pounded garlic, washed bulgur, pepper paste and salt in it, roast the mixture for about 5 minutes.
- # Finally add 3 + 1/2 cups water, cover the lid and cook it over medium heat for about 17-20 minutes.
- # While resting the pilaf, roast thickly pounded walnuts in with remaining oil for about 2-3 minutes.
- # You can mix the walnuts into the pilaf or you can sprinkle them onto the pilaf while serving it.

Note: Walnut includes the silver ion, which our brains need. It is especially ideal for the babies, elders and the ones who work mentally.