



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

Baked Bulgur Pilaf

Fırında Bulgur Pilavı



2 cups bulgur, for pilaf
5.3 ounces veal cubes
1 big onion
2 long green peppers
2 green onions
9 tbsp sunflower oil
1 tbsp tomato paste
1 tomato
1/2 tsp black pepper
2 tsp salt
3 cups water

- # Put the vegetable oil into a pot and make it hot over medium heat. Then add smaller veal cubes into the pot, roast it.
- # When the small veal cubes give their broth and it evaporates, add finely chopped onion and seeds removed, finely sliced long green peppers.
- # When the onion turns to transparent, add tomato paste and washed bulgur into the mixture. Roast until the bulgur hardens.
- # Finally add the finely sliced green onions, peeled and diced tomato, salt and black pepper into the mixture and sauté the mixture for a while. Remove it from the stove.
- # Pour the mixture into a medium baking tray, lay it smoothly by forcing on it by a spoon. Pour 3 cups hot water all over the mixture.
- # Cover the tray by aluminium foil firmly. Place the tray into the oven which is preheated to 392 F.
- # Firstly, bake the pilaf at 392 F for 20 minutes, then bake it for 15 minutes at 365 F, in total 35 minutes.
- # After removing it from the oven, rest it for 20 minutes without uncovering the foil over the tray. Serve it hot.

Note: This pilaf is cooked in stone ovens in Anatolia.