



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

Chinese Pilaf

Çin Pilavı



2 cups rice
1/2 cup olive oil or soybean oil
2 big red peppers
4 big banana peppers
6 green onions
3 medium onions
1 big carrot
8.8 ounces chicken breast
2 tsp salt
1 tsp black pepper
1 tsp curry or cumin
4 cups water

- # Wash the rice with too much water without resting in water, drain it.
- # Put 1/3 tsp olive oil into a pot and make it hot over medium heat, then add drained rice in it. Roast the rice until it hardens, add water. Firstly, cook it over medium heat, then cook over low heat for 20 minutes.
- # Cover a paper over the cooked pilaf, rest it for 30 minutes. After stirring it by a fork, cover the lid of the pot. Place it into the lowest layer of the refrigerator and refrigerate it overnight.
- # The day after, put 1/6 cup olive oil into vog skillet and make it hot. Then, add chicken breast cubes into the skillet.
- # Precook the chicken breast cubes and then add the carrot, which is sliced as matches, and add chopped onion into the mixture.
- # When the onion turns to cooked, add thickly chopped onion. 5 minutes later add sliced red peppers. After 5 more minutes add sliced banana peppers and roast them.
- # When all the ingredients turn to cooked, add the prepared pilaf into the mixture, add salt, black pepper and curry also. Cook until the pilaf turns to hot. Serve it in small bowls.

Note: Vog skillet is a deep and generally used in Asian countries. Its diameter is about 15 inches.