



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

Tabriz Pilaf

Tebriz Pilavi



1 + 1/2 cups rice
3.5 ounces ground baby calf meat
8.8 ounces green bean
4 tbsp sunflower oil
1 tbsp butter
1/2 tbsp tomato paste
1 tsp salt
1/2 tsp black pepper
2 cups water, which you boiled the peas in
1 cup broth

- # Clean the green beans, wash them and cut into pieces, each has 0.5 inch length. Boil them until they turn soft.
- # Pour the boiled green beans over a drainer, let it cool down. Get 2 cups of drained water of green beans.
- # Put sunflower oil and butter into a pot and make the mixture hot. Then add ground meat roast it by stirring constantly.
- # Add tomato paste and salt in it. Roast until the smell of the paste goes away.
- # Meanwhile, wash the rice well, without resting it water, and drain it.
- # Add the rice into the mixture of meat, roast the mixture over medium heat for about 5-6 minutes.
- # Add boiled green beans and black pepper in it, sauté it for a while.
- # Finally add the broth and water, which you got from boiled green beans, cover the lid of the pot. Cook it over high heat at first, then cook it over low heat for 20 minutes.
- # At the end of the cooking time, place paper towel between the pot and its lid, rest the pilaf for half an hour.
- # After resting the pilaf, stir it without mashing the rice. Rest it for 10 more minutes. Fill a wet bowl with pilaf and then reverse the bowl over a flat service plat.

Note: Tabriz pilaf, as it is understood because of its name, is a recipe from Persian Cuisine.