



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

Paella

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2 cups rice
1 medium onion
2 garlic cloves
1 small eggplant
1 bell pepper
1 red pepper
1 cup canned green pea
15 - 20 mushrooms
1 cup grated tomato
1/8 tsp saffron
1/2 cup olive oil
1 tsp crushed red pepper
1 tsp black pepper
1 tsp salt
2 cups water

Slice the onion and the garlic cloves finely. Pell the eggplant, wash the mushrooms, dice them, remove the seeds of the peppers, slice them finely. Mix the saffron with 1 tbsp.
Put olive oil into a pot and make it hot. Then add the onion in it and roast for 5 minutes. Then add eggplant, garlic cloves and pepper in it. Roast until the eggplant softens.
Add the rice, which is washed with too much water and without resting it in water. Add salt, crushed red pepper, the mixture of saffron and water and black pepper also. Sauté the mixture for about 5-6 minutes.
And then, add grated tomato and 2 cups water, and mix it. Add the strained canned green peas at first, then add mushrooms in it, but do not stir.
Cover the lid of the pot. After cooking it over medium heat for 15 minutes, cook it over low heat for 10 more minutes. In total 25 minutes. Then remove it from the stove and place a paper towel between the pot and its lid.
After resting the pilaf for half an hour, stir it and serve hot.

Not: Paella is a kind of pilaf which is originated in 15th century in Spain. Poor people were cooking this pilaf by mixing the remaining meals of rich people. The recipe at Mutevazi Lezzetler is prepared for the vegetarians. Lamb, chicken or seafood may be added into the Paella, while adding the other ingredients, by stirring.