Pounded wheat pilaf (dövme pilavı, Mersin)

Serves 4

Ingredients

400 g	Pounded wheat (dehulled wheat berries) 2½ glass
100 g	Butter ½ glass
10 g	Ground black pepper 1½ tbsp
10 g	Salt ½ tbsp
1.5 kg	Water 7½ glass

Allergens

Allergen information is not complete yet. Worked out from the ingredients. It does not cover contact in your kitchen.

Method

1. Soak the pounded wheat in the water the evening before and leave it.
2. The next day boil it in the same water, watching that it does not scorch, until the water is absorbed.
3. Melt the butter in a pan until sizzling and pour it over the pilaf.
4. Sprinkle with black pepper and salt and stir.

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Öktem, Ş., Turizm Sektöründe Standart Reçetelerin Önemi Kapsamında Bir Çalışma: Mersin Yöresel Yemekleri
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