



• Arabian Pilaf (Pilau)

Ingredients:

675g	Bulgur wheat or couscous
1 pinch	salt
3 tablespoons	clarified butter or olive oil
tablespoons	skinless almonds, halved
150g	dates pitted and roughly chopped

Directions:

Bring a pot of salted water to the boil, add the bulgur wheat and let simmer for 10 minutes. Drain.

In the meantime, melt the butter or olive oil in a pan and stir in the nuts. When they begin to brown add the dates and continue stirring for 1-2 minutes.

Drizzle three tablespoons of water over the mixture to keep the dates moist and as soon as it has boiled away add the bulgur wheat and quickly blend together the mixture before it begins to stick.

Season to taste and remove from the heat. Cover by placing a clean cloth under the pot lid and leave to steam for 20 minutes. A knob of butter or some aromatic virgin olive oil can be added to finish. Serve hot with yoghurt or as an accompaniment to kebabs.