

T H E O D O R A <sup>TM</sup>



Debbie Danon's Grandmother's Turkish stuffing rice recipe  
*pronounced 'Ich Pi-LOVE'*

**Ic Pilav (Stuffing Rice)**

Served as a side with chicken, meat or veg, or can be used to stuff a whole chicken, meatballs, tomatoes, peppers or courgettes.

1 onion, finely chopped  
4 tbs sunflower oil  
50g pine kernels  
50 g currants (ideally tiny birds eye ones, the smaller the better)  
3 cups of baldo or arborio rice, pre-soaked rinsed and drained  
1 tsp allspice  
½ tsp cinnamon  
4 cups hot water  
salt and pepper  
1 tsp sugar

Heat the oil and fry the chopped onion. Add rice and pine kernels and continue to fry for 1-2 minutes.

Add the hot water, salt and pepper, allspice, cinnamon, and currants.

Bring to the boil and then reduce heat to the lowest setting. Allow to cook until all the water has been absorbed (approximately 15-20 minutes).

Remove from heat and place a clean tea towel under the lid.