

ZETÝNYAĐLI PAZI SARMASI (Bulgurlu)

Kategori : Zeytin Yađlý Yemekler

Yayýnlayan [Admin](#) 2013/9/22

MALZEMELER

1-40-50 ADET PAZI YAPRAĐI

2-birbuçuk su bardađý bulgur

3-yarým su bardađý piring

4-iki baþ sođan

5-dört-beþ diþ sarýmsak

6-bir çorba kaþýđý domates salçasý

7-yarýmþar tatlý kaþýđý pul ve karabiber

8-bir tatlý kaþýđý þeker

10 iki tatlý kaþýđý kuru nane

10- bir tatlý kaþýđý sumak

11-Bir büyük çay bardađý zeytinađý

12-bir havuç,bir patates,gözkararý tuz.

13-limon,maydanoz

YAPILIMI:Bulguru derince bir kaba al .üstünü örtecek kadar sýcak su

iyilave et. suyu emilinceye kadar ađzý kapalý olarak dinlendir(yarým saat) pirinci de yýkadýktan sonra on dakika tuzlu suda beklet. Sađaný yemeklik dođra.sararýncaya kadar kavur. Maydanozu, Baharatlarý ilave et. Bir iki çevirdikten sonra pirinci sonra bulguru da ilave et. Biraz daha kavur ocađý kapat . bir limon suyu ve iki yemek kaþýđý sýcak su ilave et.iyice karýptýr ađzýný kapat dinlenmeye al. Sođuyunca pazý yapraklarýna sar. Buharla piþirme aparatýna diz. Havuçla patatesi soy uzunlamasýna dilimle. Bir kaseye biraz sývý yađ,nane,karabiber ve tuz koy.bu karýþýma havuç ve patates dilimlerini batýr. Sarmalarýn arasýna diz. aparatý bir tencereye yerleþtir(biz düdüklü tencere kullandýk) sarmalara deđmeyecek kadar sýcak su koy ve piþir.biraz sođuyunca aparatýyla birlikte serviş tabađýna al. www.pervinengin.net

Normal

0

21

false

false

false

TR

X-NONE

X-NONE

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/* Style Definitions */
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