



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

Victuals House Style Red Lentil Soup

Kebapçı Usulü Mercimek Çorbası



- 1 cup red lentil
- 1 medium potato
- 1 medium onion
- 1 medium carrot
- 1/3 cup vegetable oil
- 1 tbsp flour
- 1 + 1/2 tbsp dried mint
- 1 tbsp pepper paste
- 1 tbsp tomato paste
- 1 tbsp salt
- 1 tsp black pepper
- 1 cup gravy

- # Wash and drain the lentil, chop the onion, potato and carrot. Boil all these preferably in a pressure cooker by adding 5 cup of water until lentil became pap.
- # Put the oil and flour in a separate cooking pot, roast until flour's smell goes away.
- # Pour the pepper and tomato pastes, which are smashed by a cup of hot water, on it.
- # Add the mint and black pepper when the paste gets cooked.
- # In the meantime blend the vegetables and lentil until it gets smooth.
- # Add this mixture to the mixture little by little with stirring. Add 1 cup of gravy and 3 cup of water.
- # When it starts to boil turn the heat to low and simmer for 5 more minutes. Serve hot.

Note: It is able to cook this meal without using carrot. If you don't use carrot you should use 1 cup less boiling water.