



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

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## Keskek Soup

Keşkek Çorbası



1 cup wheat, keskek type  
1 cup chickpeas  
1 onion, medium size  
1/3 cup sunflower oil  
2 bouillons  
2 tsp salt  
Enough water  
1 tbsp dried mint

For the liaison:  
1 egg  
Juice of 1 lemon  
1 + 1/2 cups yogurt

For Upper Side:  
1/6 cup corn oil  
1 tsp crushed red pepper

- # Boil the wheat and the chickpeas in separate pots. (Do not pour the boiling water of the wheat)
- # Put the sunflower oil into the pot. When the sunflower oil turns to hot, add the finely diced onion into the pot. After roasting the onion, pour the wheat with its water into the pot. Add salt and boil the mixture for 10 more minutes.
- # Meanwhile, whisk the mixture of the yogurt, lemon and egg until the mixture smoothens.
- # Add the boiled chickpeas and bouillons into the mixture at first. Then, add the mixture of yogurt in it.
- # Cook the soup by stirring it constantly. If the soup seems thick, add some water in it during the cooking.
- # Remove it from the stove, when it reaches to the boiling point. Sprinkle dried mint all over urgently and stir it.
- # Pour the soup into the soup bowls and pour the mixture of hot sunflower oil and crushed red pepper all over.

**Note:** Keskek soup also may be served cold.