



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

Tandoori Soup

Tandır Çorbası



4 medium potatoes
1/3 cup milk
1 medium onion
1/2 cup bulgur
1 cup chickpea
1 tbsp tomato paste
7 cups water or broth
1/3 cup vegetable oil
2 tsp salt
2 tsp dried mint

- # Put the chickpea into water at night, and rest it in water overnight. The day after, boil the potatoes and the chickpea in separate pots, until they soften.
- # Put the vegetable oil into a pot and make it hot. Add finely diced onion in it. When the onion pieces turn to transparent, add tomato paste in it and sauté it.
- # Add washed and strained bulgur on it. After sautéing it for a while, add water or broth in it. Let it cook for 15 more minutes.
- # Meanwhile, peel the boiled potatoes. Mash them with 1/3 cup of milk to turn it to puree.
- # Add the puree into the soup, which is cooking at the same time. Stir it by a fork or a beater, until the soup smoothens.
- # Add the boiled chickpea and salt in it. After it reaches to the boiling temperature, cook it for 5 more minutes.
- # Add the dried mint in it finally. Stir the soup and remove it from the stove. Serve it hot.

Note: Tandoori soup is a traditional soup of Anatolia, which is cooked since old ages.