



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

Sikemperver Soup

Şikemperver Çorbası



1 medium onion
1 medium carrot
1 small celery
7 - 8 stems of parsley
2 garlic cloves
1 medium zucchini
2 medium potatoes
2 big cabbage leaves
1/3 cup home made noodle or orzo
2 big tomatoes
2 banana peppers
3 - 4 stems of dill
6 tbsp vegetable oil
6 cups broth
2 tsp salt

For Upper Side:
1 cup grated kasar cheese

- # Put the finely diced onion, diced carrot and celery, pounded garlic cloves, thickly chopped parsley and vegetable oil into a pot. Sauté the mixture, over medium heat by stirring constantly for about 5-6 minutes.
- # Add the peeled and grated tomatoes onto the mixture. After sautéing the mixture for about 2-3 minutes, add 6 cups of broth in it.
- # When the broth reaches to the boiling temperature, add the diced zucchini and potato in it. Add boiled and diced cabbage, finely sliced banana pepper and add the orzo in it.
- # Cook it over medium heat for about 25-30 minutes. Then, add salt and finely slice dill in it and cook for about 1-2 more minutes.
- # Fill the soup into deep bowls, and sprinkle grated kasar cheese all over.

Note: Sikemperver, the word's origin is Persian, means that "gourmand" in English.