



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

Autumn Soup

Güz Çorbası



1 cup green lentil
1 cup ready to use noodle
1 cup yogurt
8 garlic cloves
1 tablespoonful flour
2 tsp salt
5 cups water or broth

For Upper Side:
7 tbsp vegetable oil
1 tsp crushed red pepper
1/2 tsp sumac

- # Clean the green lentil, wash and add 3 cups water on it. Cook them in pressure cooker. When the mixture reaches to the boiling temperature, boil it for 10 more minutes.
- # After boiling the lentil, do not pour the water of it. Add 5 cups of water or broth on it. When the mixture starts to boil, add noodles in it.
- # Meanwhile, pound the garlic cloves and add flour, yogurt and salt on it. Then, mix it well.
- # When the noodles soften and start to grow, pour the mixture of yogurt in it very slowly by stirring constantly.
- # Stir the soup usually. When the soup reaches to the boiling temperature, turn the heat to low and boil it for 5 more minutes.
- # Fry the mixture of vegetable oil, sumac and crushed red pepper, until the mixture turns to the color of crushed red pepper.
- # Fill the soup into bowls or deep plates, pour the mixture of the fried vegetable oil all over and serve it hot.

Note: The color of the soup may be darken, because of removing its boiling water. But, pouring that water away decreases the feeding value of the soup.