



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

Say Soup

Say Çorbası



1 cup chickpea
2 big cabbage leaves
1 small onion
4 cups water or broth
1 tbsp butter
1 + 1/2 tsp salt

For Upper Side:
1 cup grated kasar cheese

- # Rest the chickpeas in water for overnight. The day after, boil it. Cut the cabbage leaves into a few pieces and cut the onion also into a few pieces.
- # Put the prepared ingredients into the blender, add 1 cup water on the mixture and blend until it turns to puree.
- # Put the prepared mixture into the pot and add 3 cups water on it. Place the pot over medium heat.
- # Cook the mixture by stirring time to time. When the soup reaches to the boiling temperature, turn the heat to low, add butter and salt in it.
- # After cooking the soup for 5 minutes, remove the pot from the stove and fill the soup into deep bowls or deep plates.
- # Sprinkle grated kasar cheese all over, and then serve it.

Note: 1 cup dry chickpeas turn to 2 cups chickpeas, because of the growing during the cooking.