



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

Pumpkin with Yogurt Soup

Yoğurtlu Balkabağı Çorbası



1 slice of pumpkin (17.6 ounces)
1 leek
1 onion
1 big celery
2 garlic cloves
1 cup yogurt
6 cups water or broth
7 tbsp vegetable oil
2 tsp salt
1/2 tsp crushed red pepper

- # Peel the pumpkin and celery, cut them into big pieces.
- # Peel the leek also and cut it into a few pieces, slice the onion and garlic cloves finely.
- # Put vegetable oil into a pot and make it a little hot over medium heat. Then, add onion and garlic in it, roast until they soften.
- # Add leek, pumpkin and celery on it. After sautéing it for a while, add 4 cups of water or broth onto the mixture.
- # Cover the lid of the pot and boil the mixture for half an hour at least, over low heat.
- # Blend the softened vegetables. Add the whisked mixture of yogurt and 2 cups of water or broth on the blended mixture at once.
- # Add salt into the soup finely and cook it for a while more after it reaches to the boiling temperature. Fill the soup into deep service plates and sprinkle crushed red pepper all over. Serve it hot.

Note: The amount of the salt may be less, because of the sweet taste of the pumpkin.