



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

Split Cereal

Göce Aşı



1 cup wheat
1 cup green lentil
1/2 cup dried corn
1 medium onion
1 egg
1/3 cup yogurt
1/3 cup vegetable oil
2 tbsp tomato paste
2 tsp salt
6 cups water or broth

- # Boil the wheat, lentil, dried corn in separate pots, with at least 3 times of their measures water.
- # But add finely sliced onion into the water of the lentil, while boiling it.
- # Put half of the boiled wheat aside, add 1 egg, 1/3 cup yogurt, 1/3 cup vegetable oil and tomato paste on it. Blend the wheat piece, which you put aside until it turns to puree.
- # Put the boiled corn, remaining wheat and the boiled mixture of lentil and onion into a pot with their boiling water.
- # Add 6 cups of hot water or broth on it.
- # When the mixture reaches to the boiling temperature over medium heat, add the mixture with egg on it urgently by stirring the mixture constantly.
- # When all of the ingredients reaches to the boiling temperature, turn the heat to low and boil the mixture for 5 more minutes. Then remove it from the stove.
- # Fill the hot soup into deep plates or bowls and serve hot.

Note: It takes too long to cook the dried corn, so you can use 1 cup fresh or canned corn to save time. Split Cereal's origin is Central Anatolia.