



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

Koluk Meal

Kölük Aşı



1 cup red lentil
1/2 cup bulgur, pilaf style
1 medium onion
1/6 cup sunflower oil
1/2 tbsp pepper paste
1/2 tbsp dried mint
1/2 tbsp salt
7 cups water

- # Put 7 cups warm water into a pot, add red lentil in it.
- # Cook it over medium heat, until the red lentil loses its original shape and color.
- # Add bulgur onto the precooked lentil and cook the mixture for 10 more minutes.
- # Put vegetable oil into a separate pot or skillet, add finely diced onion in it and roast.
- # When the onion softens totally, add pepper paste and salt in it, sauté it for a while more.
- # Add the mixture of onion onto the cooked mixture of lentil and bulgur.
- # When the soup reaches to the boiling temperature, add the mint and turn the heat to low, After coiling it for a while, remove the pot from the stove.
- # Serve it hot.

Note: Koluk meal is the regional meal of Gaziantep.