



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

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## Noble Family Soup

Hanedan Çorbası



1 cup red lentil  
1 onion, medium size  
1 potato  
1 carrot  
2 tbsp rice  
1/3 cup chickpea  
3.5 ounces butter  
1 tbsp tarragon  
1 + 1/2 tbsp salt  
5 cups water or gravy

For Its Meatballs:  
3.5 ounces ground meat  
1 small onion  
1/4 tsp black pepper  
1/4 tsp salt

- # Put 5 cups water in a pot, and add finely sliced onion, potato and carrot with red lentil into the pot.
- # After boiling, blend the mixture to turn it to smooth.
- # Add chickpea and rice which are boiled in different pots into the blended mixture, add 5 cup gravy or water.
- # When it boils, add salt, and the hazelnut sized meatballs which were prepared with ground meat, onion, black pepper and some salt.
- # When the meatballs start to float, add the mixture of oil and tarragon which is roasted in a skillet, boil it for a few minutes, and remove the pot from the stove.
- # Pour the soup into the bowls when it is hot.

Note: Noble Soup is a recipe of Ottoman cuisine.