



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

Cowpea Salad

Börölce Salatası



17.6 ounces cowpea
3 garlic cloves
2 tbsp olive oil
Juice of a lemon
1 tsp salt

- # Cut off the ends of the cowpeas and wash.
- # Put the cowpeas in a pot and add 1 cup of water and salt, boil them.
- # Take the boiled and soften cowpea from the water, cool down, you can cut them into a few parts, if you want.
- # Put the cold cowpeas on a plate
- # Pour the mixture of pounded garlic, lemon juice and olive oil all over them.
- # Serve after at least an hour resting in fridge.

Note: Because of the salt addition into the boiling water, you must not sprinkle salt to the salad again.