

Ezogelin Çorbasi

Itsi Weinstock - adapted from various Turkish recipes

June 15, 2020

Preparation 1

1. Rinse 1 cup of **red lentils**.
2. Chop 2 **potatoes** and 1 **carrot** into 1cm cubes.
3. Dice 1 **onion**.

Cooking 1

1. Fry the **onion** in 1 tbsp of **olive oil** with 1/2 tsp of **salt** until translucent.

Preparation 2

4. Smash 4 cloves of **garlic**.
5. Mix together 1 tsp each of **dried mint**, **paprika**, and **cumin powder**, and 1/2 tsp each of **coriander**, **ginger**, **cinnamon**, and **turmeric**.

Cooking 2

2. Add the **garlic**, and fry until onions or garlic are browned.
3. Mix in the **spices** for 30 seconds.
4. Add in the **lentils**, **potatoes**, **carrots**, and water to cover. Bring to a simmer, then start the next cooking step after 15 minutes.

Preparation 3

6. Mix together 1 tsp **dried mint** and 1 tsp **paprika**.
7. Zest and juice half a lemon.
8. Roughly chop the leaves off a small bunch of parsley.

Cooking 3

5. In another small pot or pan, add 1 tbsp of **flour** to 2 tbsp of **olive oil** on medium heat. Continuously stir until there is a nutty smell and it is light brown. Then turn off the heat.
6. After checking the potatoes, carrots and lentils are soft, blend with a stick blender until smooth.
7. Mix the **paprika** and **dried mint** into the roux for 30 seconds.
8. Add 1 tbsp of **harissa paste** into the roux, mixing it in until it is cohesive. If the paste isn't frying when you add it, turn the heat back on.
9. Pour 2 ladles of soup into the roux, mix until homogeneous, then pour the mixture back into the soup and mix.
10. Add the parsley and lemon zest, gradually add the lemon juice to taste.
11. Season with salt, pepper, lemon juice and MSG.

Servings: 3

Ingredients:

1	onion
4 cloves	garlic
2	medium potatoes
1	carrot
1/2 of one	lemon
small bunch	parsley
1 cup	red lentils
1 tbsp	harissa paste
1 tbsp	all purpose flour
3 tbsp	olive oil
2 tsp	dried mint
2 tsp	paprika
1 tsp	cumin powder
1/2 tsp powder each	coriander, ginger, cinnamon, turmeric