

Turkish Soup

Green Lentil Soup with Noodles and Mint

SEP 15, 2010

This soup is common throughout Anatolia, Turkey. Use angel-hair pasta or even fettuccine.

Aleppo pepper is sold in Mediterranean markets, Whole Foods Markets and Penzeys and at La Cuisine in Alexandria (703-836-4435).

Make Ahead: The lentils need to be soaked for 3 to 4 hours.

SERVINGS: 6

INGREDIENTS

- 8 cups low-sodium chicken broth, preferably homemade
 - 1 cup dried green lentils, soaked for 3 to 4 hours, then drained
 - Sea salt
 - Freshly ground black pepper
 - 1/2 tablespoon tomato paste
 - 1/2 tablespoon red pepper paste
 - 3/4 cup dried angel-hair pasta or fettuccine, broken into matchstick-size pieces
 - 2 tablespoons unsalted butter
 - 1 tablespoon canola oil
 - 1 tablespoon dried (ground) mint
 - 1/2 teaspoon Aleppo pepper (see headnote)
-

DIRECTIONS

Bring 6 cups of the broth to a boil in large pot over high heat. Add the drained green lentils, salt and pepper to taste, tomato paste and red pepper paste; mix to incorporate. Cover the pot and reduce the heat to medium-low; cook for 20 to 25 minutes.

Add the remaining 2 cups of broth (it doesn't have to be warm) and the pasta. Stir to incorporate, then cover and cook for 10 to 15 minutes, until the pasta is tender.

Transfer to a soup tureen or individual bowls, or cover and turn off the heat.

Combine the butter and oil in a small skillet, then stir in the mint and Aleppo pepper. Drizzle over the soup and serve hot.

Rate it

RECIPE SOURCE

Adapted from "The Turkish Cookbook," by Nur Ilkin and Sheilah Kaufman (Interlink, 2010).

Tested by Nicole Schofer.