

Mercimek Corbasi (Turkish Lentil Soup)

Season: Autumn/Winter

Serves: 30 tastes in the classroom
or 6 serves at home

Fresh from the garden: carrots, chilli, onions, red capsicum

Recipe source: Adapted from an original recipe by Nikki Bird, Garden Specialist, Barooga Public School, Victoria

In many households this Turkish soup is eaten at the start of a meal.

Equipment:

metric measuring spoons,
scales and jug
clean tea towel
chopping board
cook's knife
large stockpot with lid
wooden spoon
stick blender
small saucepan
ladle
serving bowls

Ingredients:

4 tbsp olive oil
1 red capsicum, finely chopped
2 onions, finely chopped
2 tbsp tomato paste
2 tbsp red pepper paste
4 carrots, roughly chopped
500 g red lentils
2.5 L water
1 tsp salt
pinch of black pepper
4 tsp paprika
1 long red chilli, de-seeded
and finely chopped



What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Heat 2 tablespoons of the olive oil in the large stockpot over a medium heat.
3. Add the capsicum and onion and fry until golden.
4. Add the tomato paste and the red pepper paste, then fry for 1 minute.
5. Add the carrot, lentils, water, salt and a pinch of black pepper.
6. Simmer with the lid on for 20 minutes, or until the lentils are soft.
7. Using the stick blender, blend the soup until smooth.
8. Gently heat the remaining olive oil in the small saucepan over a low heat.
9. Remove from the heat and quickly stir in the paprika and chilli. Don't allow it to burn or it will become bitter.
10. Ladle the soup into bowls and top with a little of the hot oil.