

Harira soup

Preparation time: 30 minutes

Cooking time: 1h to 1h30 minutes

Ingredients (for 2 people):

- 100 grams of peeled chickpeas (to soak in cool water for 24 hours)
- 100 grams of lentils
- 100 grams of vermicelli
- 1 teaspoon of salt
- ½ teaspoon of black pepper
- ½ teaspoon of ginger
- ½ teaspoon of turmeric
- ½ teaspoon of cinnamon
- A pinch of saffron
- 1 big grated red onion
- 50 grams of white flour
- A bunch of finely chopped parsley and coriander
- Celery stick & leaves
- Half a liter of tomato juice
- 2 tablespoon of olive oil
- 1 tablespoon of tomato puree

Preparation

In a large saucepan put the grated onion, the chickpeas, the lentils, the chopped celery, coriander and parsley. Add all the spices, a tablespoon of olive oil and sear for about 10 minutes. Cover with boiling water (around a liter) and let the soup boil until the chickpeas are soft.

Blanche in hot water 6 to 8 tomatoes, remove core and skin then mix in a blender with a tablespoon of tomato puree until you obtain a tomato juice.

After about 40 minutes, check if the chickpeas are cooked then add the tomato juice. Let cook for another 10 to 15 minutes to reach boiling point. In the meanwhile, mix the flour in a bowl with 2 tea glasses of water. Mix until it is paste and there are no lumps.

Make sure the soup is bubbling hot then pour the flour paste into the saucepan very slowly while stirring with a large wooden spoon. The result should be a thick soup. Add more flour if it is too watery.

Add the vermicelli and keep mixing for about 10 minutes or until just cooked.

NB: This soup from Berber origin is usually served with hard boiled eggs sprinkled with salt and cumin, dates and other favourite dried fruits like figs.

Enjoy your soup!