Soups / Algeria

Chorba frik



A soup of freekeh, the smoked green wheat, with lamb and mint. The first thing on the table in Ramadan.

Time 90 min **Servings** 6

What you'll need.

- ☐ 500 g Lamb — finely diced
- ☐ 150 g Chickpeas — soaked overnight
- ☐ 400 g Tomatoes — grated
- ☐ 2 piece Celery
- ☐ 2 tsp Dried mint
- ☐ 50 g Ghee
- ☐ Salt and pepper — to taste
- ☐ 150 g Freekeh
- ☐ 2 piece Onion
- ☐ 2 tbsp Tomato paste
- ☐ 30 g Coriander
- ☐ 1 piece Cinnamon stick
- ☐ 1 piece Lemon

Let's make it.

01 Brown the meat with the onion and celery in ghee for ten minutes.

02 Add the grated tomato, tomato paste, cinnamon, salt and pepper and cook five minutes.

03 Pour in two litres of boiling water, add the chickpeas and simmer forty minutes.

04 Rinse the freekeh, add it and cook twenty minutes more, stirring; the grain settles and catches.

05 Stir in the coriander five minutes before the end and loosen with water if the soup has gone too thick.

06 Ladle out, crumble dried mint over each bowl and add lemon juice.

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