

RED CHORBA

YIELD

6-8 PEOPLE

INGREDIENTS

1 L OF VEGGIE STOCK
1 BRANCH OF CELERY
1 LITTLE ONION
1 CAROTT
1 ZUCCHINI
1 TURNIP
1 LITTLE POTATO
1 GLASS OF FROZEN PEAS (OR FRESH, IF SEASONAL)
½ GLASS OF GREEN LENTILS
1 GLASS OF SOUP PASTA (ANGEL HAIR PASTA OR FARFALLE)
1 TOMATO TIN OU 4 JUICY TOMATOES (IF SEASONAL)
1 TSP OF TOMATO PUREE
OLIVE OIL
½ FLAT PARSLEY BOUQUET
½ FRESH CORIANDER BOUQUET
SPICES TO TASTE : RAS-EL-HANOUT JAUNE, PAPRIKA FUMÉ,
POIVRE NOIR, CANNELLE, GINGEMBRE EN POWDRE, SEL

METHOD

1. CHOP ALL THE VEGETABLES TO A MEDIUM BRUNOISE. SET THE ZUCCHINI ASIDE.
2. USING A LARGE POT, COOK ON A MEDIUM HEAT THE ONION WITH THE ALL THE SPICES, THE CARROT, LENTILS AND THE POTATO IN 4 TSPS OF OLIVE OIL UNTIL SOFT, THIS IS TO EXHALE ALL THE FLAVORS.
3. ADD THE TOMATOES (FRESH OR TINNED AND PUREED), THEN FILL HALF THE POT WITH THE VEGGIE STOCK, SCRAPING THE BOTTOM OF THE POT.
4. LET IT SIMMER, THEN ADD THE ZUCCHINI. LET COOK UNTIL SOFT.
5. SEASON TO TASTE. ADD MORE WATER, IF NECESSARY.
6. YOU COULD ADD ANGEL HAIT PASTA OR ANY KIND OF LITTLE PASTA 10 MINUTES BEFORE SERVING, I SUGGEST TO ADJUST THE SOUP YOU NEED AND COOK THE PASTA IN IT, AND SET THE REST OF IT ASIDE FOR NEXT TIME.
7. SERVE HOT WITH A GENEROUS HANDFULL OF CHOPPED FLAT PARSLEY AND CORIANDER.
8. TURN YOUR BEST « CHAÂBI » MUSIC ON AND ENJOY YOURSELVES. SAHA FTOURKOUM ! BON APPÉTIT !





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