



## Turkey – Istanbul

### **Chickpea Soup** *Nohut Corbası*

2 (15.5 oz.) cans chickpeas or garbanzo beans, divided  
4 cups chicken stock, divided  
1/4 teaspoon ground cumin  
1/2 teaspoon turmeric  
1/2 Tablespoon ground sumac  
1 teaspoon salt

**Butter Sauce Topping:**

3 Tablespoons butter

1/2 to 1 teaspoon dried roasted garlic

1/8 teaspoon dried chili (red pepper) flakes

**Garnish:** ground sumac as desired; fresh herb sprig

**Directions:**

- Place 1 can chickpeas with aquafaba liquid in medium soup pot.
- Add 3 cups chicken stock, cook over medium heat, and bring to a boil.
- Reduce heat to simmer; with a hand blender or masher, puree until smooth.
- Add cumin, turmeric, sumac, and salt. Cook for 5 minutes until boiling;
- Drain the liquid from the 2<sup>nd</sup> can of chickpeas; set aside. Stir the chickpeas into the chicken stock. Adjust the soup consistency, adding remaining chicken stock and remaining chickpea aquafaba liquid as desired.
- Bring to a boil; reduce heat to simmer, cook for 5 minutes.

**Prepare Butter Drizzle:**

Melt butter in a small saucepan over medium heat; add garlic; cook for 1 minute; then add the dried chili flakes; cook for 5 seconds.

**To Serve:**

Serve soup in bowls; drizzle butter sauce on top; sprinkle as desired lightly with ground sumac. Yield: about 4 small bowls

**Cook's Note:** The original recipe used about 200 grams of dried chickpeas (soaked overnight) and didn't add the aquafaba liquid.

**Recipe Inspired from:** Musa Dagdeviren *The Turkish Cookbook*

**About the Recipe:** This type of soup is popular in Istanbul and all regions. This simple soup is sometimes prepared by mashing all the chickpeas or leaving them all whole. Also, this soup is used as one of their rituals or traditions. Some Turkish locals hope for rain during a period of drought, so a portion of this chickpea soup is symbolically poured over dry fields in the hope that the soil will receive rain.

**Turkish locals prefer****Homemade Food:**

Homemade food is still preferred by Turkish people. Although the newly introduced way of life pushes the new generation to eat out, Turkish people generally prefer to eat at home. A typical meal starts with soup (especially in wintertime), followed by a dish made of vegetables (olive oil or with grounded meat), meat or legumes boiled in a pot (typically with meat or minced meat), often with or before Turkish pilav pasta or bulgur pilav accompanied by a salad or cacik (diluted cold yogurt dish with garlic, salt, and cucumber slices). In summertime many people prefer to eat a cold dish of

vegetables cooked with olive oil (zeytinyağlı yemekler) instead of the soup, either before or after the main course, which can also be a chicken, meat or fish plate

**For More Information See:**

[https://en.wikipedia.org/wiki/Turkish\\_cuisine](https://en.wikipedia.org/wiki/Turkish_cuisine)

**Where is Turkey located?**

Turkey is located partly in Europe and Asia, bridging the two continents. It is a Eurasian country, with most of its national territorial area in Asia and only a small area in Europe.

Turkey shares its land borders with eight countries: Greece (to the west), Bulgaria (to the northwest), Georgia (to the northeast), Armenia, Azerbaijan, and Iran (to the east), and Iraq and Syria (to the southeast).

Turkey's geographical position and geopolitical strategic significance are extremely important as it is at the crossroads between Europe and Asia.

**For More Information See:**

<https://www.globalhighlights.com/turkey/geography>