



CORTI BROTHERS

Grocers and Wine Merchants since 1947

YARMA SHOURBA--AN ALL VEGETABLE SOUP

This recipe is Turkish in origin and uses only Yarma, water, vegetables, and no animal products, in its preparation. It is one of those cooking productions where, even if you can just boil water, you can make this soup. Surprisingly light, this soup also has the advantage of being almost miraculous--that is, it stretches easily and loses nothing. Made in double or triple quantities, it will easily feed you for some time. It reheats very well. Serves 4-6 with leftovers.

Ingredients:

3 tablespoons extra virgin oil
2 medium yellow onions, finely chopped
1 cup Yarma
1 red bell pepper cubed into small dice (other flavorful peppers may be added)
1 lb. thickly sliced fresh, medium size okra
1 lb. diced fresh green beans
1 lb. Yukon gold or other waxy potatoes, peeled and diced
1 lb. eggplant, peeled and diced
1 lb. ripe tomatoes, peeled and coarsely chopped or broken up
Salt and pepper to taste.

In a heavy bottomed pot, heat oil and slowly cook the onion until it is caramelized. It should be done *slowly* so that the onion takes on a very dark brown color. Stir often to prevent sticking. When caramelized, add the Yarma and 6 cups of water. Simmer for 25-30 minutes until the Yarma is tender. More water may be added to keep the consistency soupy. Then add all the vegetables, salt and pepper, and cook covered for 30 minutes or until all the vegetables are tender. Stir frequently to prevent sticking. Taste and correct seasoning and serve. Note: This soup is expandable. If one vegetable is not in season, use something that is. If tender vegetables are available, use those, merely adjusting the cooking time. To expand the recipe, increase the Yanna, vegetables, oil, and water in proportion. The addition of more water to prevent sticking or thickening, can be done at any time. The soup should be soupy. Correcting the seasoning with salt and pepper can also be done just before serving.