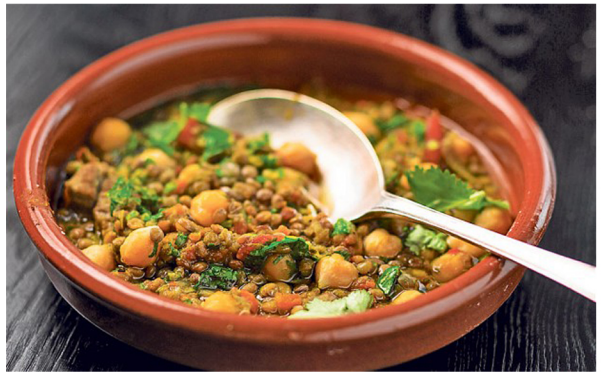


Harirah

In Morocco this soup is served as an important part of the festivities of Ramadan: it's the traditional soup to break the fast.



Prep time: 15 minutes Cook Time: 40 minutes Serves: 8-10 Meal Type: Soup



Ingredients:

- 2 tbsp unsalted butter
- 2 onions, sliced
- 3 tbsp fresh chopped coriander
- 1/4 tsp ground black pepper
- 1/2 tsp cinnamon
- 1/2 tsp cumin
- 1 (14 oz) can chickpeas, drained
- 1/2 cup angel hair pasta (broken in 1 inch pieces)
- 1 tbsp olive oil
- 1 (28 oz) can whole tomatoes
- 1 tsp salt
- 1/4 tsp ground ginger
- 1/2 tsp turmeric
- 1 cup lentils, rinsed and picked over
- 8 cups of water
- Meat, Lamb or Chicken (optional)

Method:

1. Heat the butter and oil in a large stockpot set over medium-high heat. Add the onions and cook until they soften, stirring occasionally (meat can be fried with onions).
2. Meanwhile, combine tomatoes, coriander, salt and pepper in a food processor and process until smooth.
3. Add the remaining spices (ginger, cinnamon, turmeric and cumin) to the onions and cook for one minute. Add the tomato mixture and bring to a boil. Add the lentils and 8 cups of water or watered down chicken broth. Cover and reduce heat to low. Simmer until the lentils are tender – about 30 to 35 minutes.
4. Add the chickpeas and raise the heat bringing down the heat to a low boil.
5. Add the pasta and cook until tender – 6 to 8 minutes. Serve.

* In Morocco there are at least a dozen versions but most include lamb, chickpeas, lentils and spicy cumin. This recipe is somewhere between a soup and a stew and can be served as a meal on its own with crusty bread.