



Chorba Hamra bel Frik Algerian Lamb Tomato and Freekeh Soup

Jacob · 29/09/2024



Prep Time

1 hr 25 mins

Dificult

Medium

Servings

8

Description

Chorba frik is a soup frequently prepared during the month of Ramadan It is usually accompanied by briks or böreks

Ingredients

- - 1 cup freekeh - 12 ounces lamb meat
- cut into 1 1/2-inch cubes - 1 onion
- grated - 1 teaspoon ground black pepper - 1 teaspoon paprika - 1 teaspoon ground cinnamon - salt to taste
- 3 tablespoons vegetable oil - 1 bunch fresh cilantro
- finely chopped
- divided - 1 bunch fresh mint
- finely chopped
- divided - 1 stalk celery - 1/2 (14 ounce) can chickpeas
- drained - 4 cups water
- or as needed - 1 zucchini
- diced - 1 carrot
- diced - 1 tablespoon tomato paste - 3 medium ripe tomatoes - 1 potato
- diced

Instructions

1. Place freekeh in a small bowl and cover with cold water. Set aside. Combine lamb
2. onion
3. black pepper
4. paprika
5. cinnamon
6. and salt in a pot. Stir in oil
7. 1/2 the cilantro
8. 1/2 the mint
9. and celery stalk until combined. Simmer over low heat for 15 minutes. Stir in chickpeas; pour in just enough water to cover
10. and return to a simmer. Stir in zucchini
11. carrot
12. and tomato paste. Set a steamer over the pot; add tomatoes. Cover and steam tomatoes until soft
13. about 5 minutes. Crush tomatoes using a wooden spoon
14. so pulp drips into soup. Remove the steamer and discard leftover tomato peels. Add potato to soup and just enough water to cover. Simmer until potato is soft
15. about 10 minutes. Drain freekeh and add to soup. Simmer until soft
16. about 15 minutes. Remove celery stalk and discard. Sprinkle soup with remaining 1/2 cilantro and remaining 1/2 mint before serving.