



Harira Ramadan soup

ingredients: 500 g shoulder of lamb • 250 g blond lentils • 150 g chickpeas • 800 g tinned tomatoes • 3 rounded tablespoons tomato paste • 5 sticks celery • 2 large onions • 1 bunch flat-leaved parsley • 1 bunch fresh coriander • 40 g fresh ginger • $\frac{3}{4}$ teaspoon white peppercorns • 1 cinnamon stick • 1 pinch saffron strands • 5 cl lemon juice • 2 tablespoons cornflour • Unrefined sea salt

Preparation

The day before, soak the chickpeas in a large bowl of cold water and leave for at least 12 hours.

Cut the meat into small chunks and fry in a large pan with the salt and the finely-chopped onions and celery (Robot-Coupe cutter-mixer).

Cook for 3-4 minutes over a medium heat, stirring continuously. Add the cinnamon stick and a litre of water and simmer for 30 minutes over a low heat.

Add the lentils and the drained chickpeas, cover and cook for one hour over a medium heat.

During this time, dice the tomatoes and blend with the tomato paste using your Mini MP 240 V.V. power mixer. In the cutter bowl, finely chop the white peppercorns, peeled ginger, coriander, parsley and a tablespoon of sea salt in your cutter bowl.

Add the tomatoes, chopped herbs and spices, saffron and 2 litres of hot water to the pan.

Simmer for 10 minutes without the lid. During this time, dilute the cornflour in a little water, pour into the pan and stir vigorously to avoid lumps forming. The harira should have a thick, creamy consistency.

Add the lemon juice just before serving.