

Serves 8 to 10
Prep: 20 minutes, plus soaking
the beans overnight
Cooking: 1 hour

¼ cup (50 g) dried chickpeas,
soaked in water and
1 teaspoon baking soda
overnight
¼ cup (50 g) dried black-
eyed peas
1½ cups (300 g) green lentils,
rinsed
4 tablespoons vegetable oil
4 large onions, peeled and
thinly sliced
10 cloves garlic, peeled and
crushed
1 tablespoon sea salt
1 teaspoon freshly ground
pepper
2 teaspoons turmeric
3 tablespoons ground cumin
1 tablespoon ground
coriander
2 tablespoons ground ginger
12 cups (2.8 l) water
2 cups liquid kashk* or
buttermilk
1 tablespoon grape molasses
12 oz (340 g) dried Persian
noodles or fettuccine
3 tablespoons dried mint
1 cup (85 g) coarsely chopped
fresh chives or (100 g)
spring onions (white and
green parts)
1 cup (85 g) chopped fresh
dill weed
2 cups (170 g) chopped fresh
parsley
2 lb (900 g) chopped fresh
spinach, or 1 lb (450 g)
frozen chopped spinach

NOODLE + CHICKPEA SOUP

In Iran, it is said that eating noodles brings good fortune, that is why noodle soup is always served on Nowruz, the Iranian New Year's Day.

1. Place chickpeas, black-eyed peas, and lentils in a large bowl, cover with water 2 in (5 cm) above the chickpeas and allow to soak overnight. Drain, rinse, and set aside.
2. In a very large pot, heat the oil over medium heat. Add the onions and garlic, and sauté, stirring occasionally, for 15 minutes, or until golden brown. Add the salt, pepper, turmeric, cumin, coriander, ginger, and chickpea, black-eyed pea and lentil mixture, and stir-fry for 1 minute.
3. Add 12 cups of water and bring to a boil. Reduce the heat to medium, cover, and simmer for 30 minutes, or until chickpeas are tender.
4. Add the kashk. Use a handheld mixer to partially purée the ingredients in the soup.
5. Add the noodles and cook for 5 minutes, stirring occasionally.
6. Add the herbs and spinach and continue cooking, stirring occasionally, for another 10 minutes.
7. Adjust the seasoning to taste and pour the soup into a tureen or individual serving bowls. *Nush-e joon!*

