Akyurt cold soup with yoghurt, cracked wheat and pulses

Serves 8

Ingredients

200 g	Cracked hulled wheat (yarma)
100 g	Chickpeas ½ glass
100 g	White beans ½ glass
300 g	Water 1½ glass
400 g	Water 2 glass
500 g	Strained yogurt
206 g	Milk 1 glass
10 g	Salt ½ tbsp

Allergens

Allergen information is not complete yet. Worked out from the ingredients. It does not cover contact in your kitchen.

Method

1. Wash the beans, chickpeas and cracked wheat in separate bowls and soak them the day before. Drain and rinse again the next day.
2. Boil the beans and chickpeas in separate pots with their share of water. The beans take 20 minutes, the chickpeas 30 minutes in a pressure cooker.
   20 min
3. Boil the cracked wheat in its own water in a separate pot for about 10 minutes. When all three lose their firmness, take them off the heat, strain them keeping the cooking liquids, and let them cool.
   10 min
4. Combine the cooled cracked wheat, chickpeas and beans in a large pot and add the saved cooking liquids.
5. Mix the yoghurt with the milk and salt in a bowl, add to the pot and stir everything together. Keep it in the fridge if not eating at once and serve cold.

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