Etli lebeni (yogurt soup with lamb, chickpeas and wheat berries)

Serves 1 · 30 min

Ingredients

30 g	Diced lamb
10 g	Chickpeas ¾ tbsp
10 g	Pounded wheat (dehulled wheat berries)
30 g	Yogurt
10 g	Egg
2 g	Salt ¼ tsp
3 g	Red pepper flakes ½ tbsp
2 g	Dried spearmint 1¼ tbsp
5 g	Clarified butter (ghee)

Allergens

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

Method

1. Soak the chickpeas and wheat berries in water the night before.
2. Put the meat together with the soaked chickpeas and wheat berries in a pressure cooker, add water and cook.
3. In a separate bowl, whisk the yogurt with the egg and salt.
4. When the meat, chickpeas and wheat berries come to a boil, stir in the yogurt mixture, let it bubble up once or twice and take the pot off the heat.
5. Sizzle the chili flakes and mint in the ghee, pour over the soup and serve hot.

Last changed: November 1, 2026
ŞURKAV, Dünyanın En Eski Mutfağı Şanlıurfa Yemek Kitabı (2014)
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