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## Harira

Mon, 02/13/2006 - 07:18 -- Roger Doiron

Introduction:

If the world were to hold a global soup-olympics, Harira, the thick soup Moroccans eat during Ramadan would certainly be in medal contention. The authentic recipe calls for lamb, but you can make a delicious version without it.

Preparation:

1) Put the lamb, spices, butter, celery, onion, and parsley/cilantro in a large soup pot and stir over a low heat for 5 minutes. Add the tomato pieces, and continue cooking for 10-15 minutes. Salt lightly. 2) Add 7 cups of water, and the lentils. Bring to a boil, then reduce heat, partially cover, and simmer for 2 hours. 3) When ready to serve, add the chickpeas and noodles and cook for 5 minutes. Then, with the soup at a steady simmer, stir the lemony eggs into the stock with a long wooden spoon. Continue stirring slowly, to create long egg strands and to thicken the soup. Season to taste. ladle into bowls and dust with cinnamon.

Image (optional):

Cuisine:

[Moroccan](#) [1]

Recipe Type:

[soups & stews](#) [2]

Ingredients:

- 2 tablespoons butter
- 3/4 cup chopped celery and leaves
- 2 onions, chopped
- 1/2 cup parsley and cilantro, chopped
- 1-2 pounds of tomatoes, chopped
- 3/4 cup lentils
- 1 cup chickpeas (canned are fine)

- 1/4 cup fine soup noodles
- 2 eggs, beaten with the juice of 1/2 lemon

Group content visibility:

Use group defaults

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**Source URL:** <http://kgi.org/recipes/harira>

**Links:**

[1] <http://kgi.org/cuisine/moroccan>

[2] <http://kgi.org/recipe-type/soups-stews>