

Etli Nohut (Turkish Chickpea and Lamb Stew)

Turkish · Main Course · Easy · 125 min total · Serves 4

Etli nohut is a comforting Turkish stew of chickpeas and lamb in a light tomato-pepper broth, traditionally served with rice pilaf. Soak the chickpeas overnight, then simmer for about two hours, mostly hands-off.

Ingredients

- 1 cup dried chickpeas (soaked overnight in cold water)
- 1 lb boneless lamb shoulder (trimmed, cut into 1-inch (2.5 cm) cubes)
- 2 tbsp butter (or olive oil)
- 1 medium onion (finely chopped)
- 1 tbsp tomato paste
- 1 tsp pul biber (Aleppo pepper or sweet paprika)
- 1 bay leaf
- 6 cup water (hot, plus more as needed)
- 1.5 tsp salt (added in the last 20 minutes)
- 0.5 tsp ground black pepper
- 2 tbsp flat-leaf parsley (finely chopped, to serve)

Method

1. Soak the chickpeas overnight in about 4 cups of cold water, hands-off, then drain and rinse them.
2. Melt the butter in a heavy pot over medium-high heat and brown the lamb in batches for 6 to 8 minutes per batch until deep brown on all sides, transferring each batch to a plate.
3. Lower the heat, cook the onion for 6 to 8 minutes until soft and golden, then stir in the tomato paste and pul biber for 1 minute until fragrant.
4. Return the lamb to the pot with the drained chickpeas, pour in 6 cups of water, add the bay leaf, bring to a boil, skim off the foam and reduce to a bare simmer around 190°F (88°C) with the lid slightly ajar.
5. Cook for about 1 hour 30 minutes, stirring now and then and adding hot water if the level drops below the ingredients, until the lamb is tender and the chickpeas begin to split.
6. Stir in the salt and black pepper, simmer 20 minutes more until a chickpea mashes easily between your fingers and the broth has thickened slightly, then ladle into bowls, sprinkle with parsley and serve with rice pilaf or bread.