

Makes 6 to 8 servings  
Prep: 20 minutes  
Cooking: 1 hour

## BARLEY + LEEK SOUP

### SOUP

- ½ cup olive oil
- 1 onion, peeled and thinly sliced
- 2 cloves garlic, peeled and thinly sliced
- 1 carrot, peeled and thinly sliced
- 3 leeks (white and green parts), washed thoroughly and finely chopped
- ½ cup (100 g) barley
- ¼ cup (50 g) mung beans
- 1 teaspoon sea salt
- ½ teaspoon freshly ground pepper

### CHASHNI (SAVORY)

- 1 cup kashk, sour cream or almond milk
- 2 tablespoons fresh lime juice
- 1 teaspoon grape molasses or honey

### GARNISH

- ½ cup (40 g) chopped fresh parsley
- ½ cup (40 g) chopped fresh cilantro
- ½ cup (40 g) chopped fresh dill weed
- ¼ cup (20 g) chopped fresh tarragon



*This is one of the oldest and tastiest of the Persian soups—I often make it at home. For a vegan option replace the kashk with almond milk to have it dairy-free. Chashni is a savory souring agent, that is added to a dish to enhance the flavor—a sort of Persian umami, you might say. For non-vegetarians, you can replace the water with 8 cups (1.9 liters) chicken broth.*

- 1 Heat the oil in a large, heavy-bottomed pot over medium heat. Add all the ingredients for the soup and sauté for 5 minutes. Add 10 cups of water and bring to a boil. Reduce heat to medium-low, cover and simmer for 45 minutes, or until the beans are tender.
2. Use a handheld mixer to partially purée the soup.
3. To temper the kashk: In a small bowl, mix together the kashk, lime juice, and grape molasses with a few spoonfuls of the soup, then pour it into the pot with the rest of the soup and stir well. Cover and continue to simmer over a medium-low heat for 10 minutes. Keep warm until ready to serve.
4. Just before serving, add the herbs for the garnish and stir the soup well. Adjust the seasoning to taste, adding more salt, pepper, or lime juice if needed.
5. Pour soup into a tureen and serve with flat bread. *Nush-e joon!*