

Chorba Frik (Algerian tomato–herb soup)

Serves 4–6 • ~40 minutes



Photo: courtesy of Lambros — kid-approved!

Ingredients (Sweden-friendly)

- 300 g lamb or beef in small cubes (or boneless chicken thighs)
- 2 tbsp rapeseed oil
- 1 onion, finely chopped
- 2–3 garlic cloves, minced
- 2 tbsp tomato purée
- 2 tomatoes, grated — or 200 ml crushed tomatoes
- 1 carrot, small dice
- 1 celery stalk, small dice (optional)
- 1.2 L water or light stock
- 1 tsp sweet paprika
- 1/2 tsp ground cumin
- 1/2 tsp ras el hanout (see DIY blend below)
- Salt & black pepper
- 3–4 tbsp frik (green cracked wheat) — or fine bulgur
- 1 small bunch fresh coriander (cilantro), chopped
- Lemon wedges, to serve

Steps

- 1 **Sauté base.** Heat oil and cook onion 3–4 min. Add meat; brown lightly.
- 2 **Spice & tomato.** Add garlic, paprika, cumin and ras el hanout; stir 30 sec. Add tomato purée, tomatoes, carrot, celery and coriander stems; season.
- 3 **Simmer.** Pour in stock/water; simmer 25–30 min (chicken needs ~20).
- 4 **Add grain.** Stir in frik/bulgur; cook 8–10 min until tender and soup slightly thickened.
- 5 **Finish.** Stir through chopped coriander leaves. Serve with lemon wedges.

Notes

Frik gives the classic flavour and gentle thickening; fine bulgur is a good Swedish stand-in. For a vegetarian version, skip the meat and add chickpeas.

DIY Ras el Hanout (simple home blend)

Makes ~4 tbsp — enough for several recipes. Algerian blends vary widely; this one is balanced and easy with Swedish pantry spices.

- 2 tsp ground coriander
- 2 tsp sweet paprika
- 1 tsp ground cumin
- 1 tsp ground ginger
- 1 tsp ground cinnamon
- 1 tsp turmeric
- 1/2 tsp ground black pepper
- 1/2 tsp ground cardamom
- 1/4 tsp ground cloves
- 1/4 tsp ground nutmeg
- Pinch chilli flakes or cayenne (to taste)

Mix well and store in a small jar for up to 6 months. For a floral note, add a tiny pinch of ground fennel or dried rose petals if you have them.