

# Tunisian Soup with Chard and Egg Noodles

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GOURMET FEBRUARY 2009

## Ingredients

1 teaspoon cumin seeds

1 pound Swiss chard, stems and center ribs chopped and leaves coarsely chopped (reserve separately)

1 medium red onion, chopped

2 large garlic cloves, minced

3 tablespoons extra-virgin olive oil

2 tablespoons tomato paste

2 quarts rich and flavorful chicken stock ; or 5 cups reduced-sodium chicken broth diluted with 3 cups water

1 to 2 tablespoons harissa or other hot sauce (to taste)

1 tablespoon fresh lemon juice

1 (19-ounces) can chickpeas, rinsed

4 ounce fine egg noodles (about 1 1/2 cups)

Equipment: an electric coffee/spice grinder

Accompaniment: lemon wedges

## Preparation

Toast cumin in a dry small heavy skillet (preferably cast-iron) over medium heat, stirring, until deeply fragrant and dark brown (be careful not to burn). Cool, then grind to a powder in grinder. Cook chard stems, onion, garlic, 1/2 teaspoon each of cumin and salt, and 1/4 teaspoon pepper in oil in a large heavy pot over medium heat, stirring occasionally, until beginning to brown, about 12 minutes. Add tomato paste and cook, stirring, 2 minutes. Add stock, harissa, and lemon juice and simmer, covered, 30 minutes.

Add chard leaves, chickpeas, and noodles with 1/2 teaspoon salt and simmer, covered, until tender, about 7 minutes.

Serve soup sprinkled with remaining cumin.