



Eat and drink, but waste not by excess (Al-A'raf 31)  
Banu Atabay's Mütevazı Lezzetler® Turkish cooking recipes

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## Easy Tripe Soup

Yalancı İşkembe Çorbası



1.10 pounds boneless chicken breast  
8 cups water  
1/2 cup sunflower oil

For the Liaison:  
2 + 1/2 cups yogurt  
3/4 cup flour  
7 garlic cloves  
1 + 1/2 tsp salt

For Upper Side:  
7 tbsp vinegar  
Crushed red pepper

- # Put the chicken breast into the pot, and add 8 cups of water on it. Boil it, until the chicken turns to cooked.
- # When the chicken and the chicken broth cool down, prepare the liaison. Crush the garlic cloves with some salt, and put yogurt into a separate pot. Add crushed garlic, flour and cooled chicken broth on it, add vegetable oil also. Before placing the pot over the heat, mix it by a beater.
- # Place the pot over medium heat, and stir the mixture constantly. When the mixture reaches to the boiling temperature, add picked chicken broth and salt in it. Boil it for 10 minutes more.
- # Fill the hot easy tripe soup into the bowls, pour vinegar all over and sprinkle crushed red pepper also.

**Note:** If you pour hot chicken broth onto the yogurt, it may go to bad.