



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

Borc Soup

Borç Çorbası



3 tbsp vegetable oil
1/2 celery
1 onion
1 carrot
1 red beet
1/4 red cabbage
1 leek
1.7 ounces meat
1 potato
1 tbsp tomato paste
6 cup gravy
1/3 cup hot water
1 tbsp starch
2 tsp salt

Make the oil red-hot and add the meat which is cut into small pieces, cook.

Slice all the vegetables as matches sized.

At first add the paste to the meat. Then add celery and carrot, cook for 5 minutes. And then add onion, cabbage, beet and potato and cook for 5 more minutes. Add salt.

Add 6 cup gravy or boiling water on the vegetables and cook for 25 more minutes.

Just before it gets cooked, dissolve 1 tbsp starch in 1/3 cup hot water and add some soup on it, mix, and then add into the soup little by little.

After adding the starch, boil for 5 minutes and remove from the stove.

Note: Another method for cooking this soup; boil the vegetables, blend, and then add to the meat. So you will have a smooth soup. Borc Soup is from Russia.