



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

Lamb's Feet Soup

Paça Çorbası



10 lamb's feet
1/3 cup flour
1/3 cup sunflower oil
4 garlic cloves
8 cups water
2 tsp salt

For Upper Side:
1 cup vinegar
1 garlic ball
1/2 tsp salt

- # Cut off the beginnings of the hair between the nails of the sheep in the feet. Hold the nail parts of the feet over heat for a while over low heat.
- # Put the prepared lamb feet into a deep bowl which is full of water. Ret them overnight.
- # The day after, pour the water away, which the feet stay in. Wash the feet well. Place them into the pressure cooker and add 4 garlic cloves and 8 cups of water on them. When the mixture reaches to the boiling temperature, cook it for 1 more hour at least. (You must boil the mixture in the pressure cooker definitely.)
- # The feet must soft to remove the bones. Then pour the mixture into a strainer, which is in a bowl. Pick the all of the meat, until removing all the bones in them. If the meat pieces seem big, pick them into small pieces.
- # Put the sunflower oil and flour into a pot, roast it over medium heat until the color of the flour darkens a little.
- # Add the strained broth of the feet over it totally. When the mixture reaches to the boiling temperature, add the picked feet pieces and salt in it also.
- # Cook the soup for 10 more minutes. Meanwhile, pound a ball of garlic with 1/2 tsp salt. Add vinegar on it and mix.
- # Fill the cooked soup into the bowls, pour 1 tsp of the mixture of garlic and vinegar all over each of the soup in the bowl.

Note: It is hard to digest the lamb feet because of the gelatin in it. Because of that, you must not eat it too much, although it is very tasteful.