



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

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## Fresh Horse Bean Soup

Taze Bakla Çorbası



8.8 ounces fresh horse bean  
5 tbsp yogurt  
3 tbsp flour  
1 egg  
5.3 ounces calf meat  
1 big tomato  
1/3 cup vegetable oil  
2 tsp salt

- # Wash the horse bean, clean and dice finely.
- # Knead the washed horse beans with 1 tsp flour and 1 tsp salt.
- # Wash it well to cast the flour and salt away. (This process removes the bitter taste of horse bean.)
- # Put the horse beans into a pot, and add 8 cups of cold water on it. Cook it over medium heat, until it softens.
- # Meanwhile, dice the calf meat.
- # Put half of the vegetable oil into a pot and make it hot over medium heat. Then, add the diced meat on it.
- # After roasting the meat, add the grated tomato on it.
- # Meanwhile, whisk the mixture of yogurt, egg, salt and flour in a separate bowl as the liaison.
- # Add the mixture of meat and tomato, and the liaison mixture into the boiling horse beans.
- # Boil the mixture for a while more, after it reaches to the boiling temperature.
- # After filling the soup into the service plate, pour the remaining oil all over the soup and garnish it with dill also.

**Note:** The water for boiling the horse bean may be decreased and you can fill the remaining liquid with broth also.