



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

Leek Soup

Prasa orbas



5 medium leeks
1 medium carrot
1 big potato
9 tbsp sunflower oil
1 cup milk
7 cups broth or water
2 tsp salt
1/2 tsp black pepper

- # Clean the leeks and wash them. Slice the green and white parts of them finely.
- # Put sunflower oil into a pot and make it hot over medium heat. Then, add the leek pieces and mix it. Cover the lid of the pot, turn the heat to low and cook it for half an hour.
- # At the end of the cooking time, add 2 cups of hot broth or water on it. Boil the mixture for a while, after it reaches to the boiling temperature, then remove it from the stove.
- # Blend the leek to turn into puree and put them into the pot again.
- # Add 5 cups of hot broth or water on it.
- # Place the pot over medium heat. When the soup starts to boil, add thickly grated carrot and potato in it. Cook it for about 15 minutes, by stirring time to time.
- # Add salt, black pepper and milk in it. Remove the pot from the stove in a short time, to prevent the milk turn to bad.
- # Serve it hot.

Note: If you slice the leeks very finely, there is no need to blend them later.