



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

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## Sour Chinese Soup

Ekşili Çin Çorbası



3 tbsp corn starch  
6 cups cold water  
5 garlic cloves  
3 medium tomatoes  
1 medium red bell pepper  
1 hot long green pepper  
3 medium banana peppers  
1 medium carrot  
10 medium mushrooms  
2 tbsp soy bean sauce  
3 tbsp vinegar  
1 cup chicken broth  
1 egg white  
1/2 tsp black pepper  
1 tsp salt

# Firstly, prepare the ingredients. Grate the tomatoes, slice the peeled garlic cloves finely, and slice the long green pepper, banana pepper, red pepper and carrot into match sized pieces.

# Put 6 cups of cold water and corn starch into a pot, and place the pot over medium heat. (Stir the mixture constantly, to prevent the starch turn into balls during the cooking.)

# Add the garlic into the warm mixture of water and starch. Then, add tomato, carrot, long green pepper, red pepper, banana pepper, soy sauce, vinegar and hot chicken broth respectively into the mixture, by 3 minutes rest after each addition. Cook it, until the mixture reaches to the boiling temperature

# Dice the mushrooms finely just before adding it into the soup, and add it into the soup.

# After cooking the soup for about 5-10 minutes with mushroom addition, add salt and black pepper in it. Finally add the whisked egg white into the mixture too slowly, and remove the pot from the stove urgently.

# Fill the hot soup into the bowls, sprinkle soy bean sprouts all over the soups and serve them hot.

**Note:** Traditionally there is too few oil in Chinese meals. There is no oil addition into some of the Chinese meals also, and they do not eat meat too much.