



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

Flour Soup

Un Çorbası



1 cup flour
1 tbsp butter
6 tbsp vegetable oil
3 tomatoes, medium size
1 cup milk
1 egg
10 cups broth or water
2 tsp salt

- # At first, grate the tomatoes finely, strain them and cast the remaining part of the tomatoes away.
- # Put the vegetable oil into the pot and place the pot over medium heat. When the oil turns to hot add sifted flour in it and roast it by stirring constantly, until it turns to pink.
- # After roasting the flour, turn off the heat. Meanwhile, whisk the milk and the egg in a bowl for using them later.
- # Add the prepared tomato juice onto the roasted warm flour and mix it, turn on the heat again.
- # Add the mixture of the milk and egg into the mixture urgently and keep on stirring the mixture.
- # Add the broth or the water into the soup before it turns to hot totally. Boil it by stirring constantly.
- # Add salt in it, and boil 1 or 2 more minutes more. Serve it hot.

Note: The measurement of the broth or the water may be seem too much for the soup, but it evaporates during the cooking and turns to normal.