



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

Wedding Soup

DĖn orbas



10.5 ounces lamb
1 tbsp finely chopped onion
1 egg
3 + 1/2 tbsp flour
1 cup yogurt
7 cups water
2 tsp salt

For Upper Side:
5 tbsp vegetable oil
1 tsp crushed red pepper

- # Put the lamb, which is diced finely, into the pot. Add finely diced onion and add 7 cups water into the pot also. Boil the mixture a little bit longer than normal.
- # If you use pressure cooker, turn the heat to low when the mixture reaches to boiling point and boil it for 17 more minutes over low heat.
- # Let the boiled mixture cool down.
- # Put the yogurt, egg, flour, salt and 1 cup warm broth of the boiled lamb, into a deep bowl. Mix or whisk it, until it smoothens.
- # Add the prepared mixture of yogurt into the boiled mixture of lamb very slowly, while mixing it constantly.
- # Place the pot over medium heat, stir it. When it reaches to boiling point, turn the heat to low and cook for 5 more minutes.
- # Pour the mixture into the bowls while it is hot yet. Pour the mixture of the hot oil and crushed red pepper all over the soup in the bowls. Serve it hot.

Note: Originally, there is not onion in the recipe of the wedding soup. But in this recipe it is used, because it gives a good taste by boiling with meat.