



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

Chicken Soup

Tavuk Çorbası



1 chicken breast
1 tbsp butter
4 tbsp vegetable oil
1 medium onion
3 tbsp flour
2 tsp salt
8 cups chicken broth

For Liaison:
1 egg
1 cup milk
2 tbsp rice flour

- # Boil the chicken breast over medium heat to soften it at first.
- # Meanwhile, put the vegetable oil and the butter into a separate bowl. When the mixture turns to hot, add the finely diced onion in it.
- # When the onion turns to transparent, add the flour into the mixture. Sauté, until the smell of the flour goes away.
- # Add 8 cups of chicken broth in it. Boil it over medium heat for 20 minutes.
- # Meanwhile, prepare the liaison of the soup. Whisk the mixture of egg, milk and flour, until the mixture smoothens.
- # Pour all of the liaison onto the soup at once, and cook the soup for 20 more minutes by stirring it time to time. At the end of the cooking time, strain the soup to make it smooth.
- # Place the pot over the medium heat again, and add picked chicken and salt in it. Cook it for 10 more minutes.
- # Serve it hot. Lemon juice may be added into this soup also.

Note: Turkish people traditionally believe that, chicken soup is healing for common cold and flu illnesses, because it makes you breath easier.