



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

Semolina Soup

rmik orbasi



1 cup semolina, for halva
3 medium size tomatoes
6 tbsp vegetable oil
8 cups broth
2 tsp salt

For Liaison:
1/2 cup milk
1 egg

Grate the tomatoes, and put them into a small pot. Add 1 tsp salt into the pot, cook it over low heat until the color of the mixture changes.

Put the vegetable oil into a separate pot and make it hot over medium heat. Then, add semolina into the mixture. Roast it by stirring constantly, until the color of the semolina turns to white.

Add the cooked tomato puree onto the semolina and sauté it for a while. Then, add broth in it and cook it over low heat for about 10 minutes.

Meanwhile, whisk the mixture of milk and egg until it smoothens. Take 1 or 2 tbsp of boiling soup from the pot and add it into the mixture of the milk and egg to make it warm. Then add this mixture into the soup very slowly.

Sprinkle the remaining 1 tsp salt all over, stir it until the liaison dissolves in the soup homogeneously. Boil the soup for 5 more minutes and then remove it from the stove.

Fill the soup into the bowls and garnish it with parsley or dill, if you want.

Note: Tomato paste may be used instead of tomatoes. In that case, make 1 tbsp paste dissolve in 1 cup water and cook it over low heat before adding into the mixture.