



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

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## Caucasian Soup

Kafkas Çorbası



4 medium beets  
1 small carrot  
2 medium cabbage leaves  
1/3 cup orzo  
1 medium onion  
7 tbsp vegetable oil  
2 tsp salt  
6 cups broth

For Liaison:  
1 cup milk  
2 yolks

- # Put the vegetable oil into a pot and make it hot. Then, add diced onion in it an sauté until it turns to transparent.
- # Add the beets and the carrot, which are cut into match size, into the mixture. Add the d,ced cabbage leaves into the mixture also.
- # Roast the mixture over medium heat for about 4-5 minutes. Then add 6 cups of broth into the mixture.
- # Add the orzo, before the vegetables turn into cooked totally. Cook it, until all of the ingredients soften.
- # Finally, add 1/2 cup of boiling soup into the mixture of milk and yolks to make the mixture warm. And add this mixture into the soup slowly, sprinkle salt and stir it.
- # After Caucasian soup reaches to the boiling temperature, cook it over low heat for 5 more minutes. Remove the soup from the stove and serve it hot.

**Note:** 1 cup of boiled wheat may be added into the Caucasian soup instead of orzo also.