



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

Tatar Soup

Tatar Çorbası



1 tablespoonful flour
1/3 cup vegetable oil
1 tbsp tomato paste
1 cup water
1 + 1/2 tsp salt
1 + 1/2 tsp dried mint
1 cup yogurt

For the Dough:
2 cups flour
1 egg
1/2 tsp salt
Enough water

For Filling:
3.5 ounces ground meat
1 small onion
3 tbsp vegetable oil
1/2 tsp black pepper
1/2 tsp salt

- # Prepare the dough at first. Put 1 + 1/2 cups flour into a deep bowl, make a pool in the middle, break the eggs into the pool, add salt on it. By adding the remaining 1/2 cup of flour and warm water, make the dough reach to the right consistency.
- # Cover the dough and rest it for half an hour, meanwhile prepare the filling. Put the vegetable oil into a teflon covered skillet and make it hot. Add finely diced onion in it. When the onion softens, add the ground meat in it. When the meat soaks the broth totally, add salt and black pepper in it and remove the skillet from the stove.
- # After resting the dough for half an hour, divide it into 2 equal pieces. Roll each of the dough pieces by a rolling pin as thinly as you can. Put one of the rolled out dough pieces aside and then place chickpea sized meat mixtures onto the remaining dough piece with some spaces between each of the meat pieces. Cover the remaining dough piece over the first one, after placing all of the meat mixture.
- # Cut the prepared dough layers by a knife into squares by getting the meat pieces stay in the middle of the squares.
- # Rest the pieces for a while to dry the meat pieces in them. Put 1/3 cup vegetable oil into a pot and make it hot. Then, add flour in it and roast, until the smell of the flour goes away totally. Add tomato paste and dried mint on it and sauté it for a while more.
- # Add 10 cups of hot water onto the mixture carefully. Add 1 + 1/2 tsp salt. When the mixture reaches to boiling point, add the prepared dough pieces in it.
- # Meanwhile, whisk the yogurt with 1 cup water. Take 1/2 cup of soup from the pot and add it into the mixture of yogurt and water, to make it warm. When the dough pieces start to stand on the surface of the soup, add the yogurt mixture in it. Boil it for 5 more minutes, and then remove it from the stove.

Note: Tatar soup must be prepared just before the serving. Because resting it too much, makes the meat pieces in the dough pieces go away.