



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

Circassian Soup

Çerkez Çorbası



1 cup wheat
1 cup dried corn, to boil
8.8 ounces boneless chicken
4 tbsp vegetable oil
1 tbsp butter
2 tbsp flour
4 cups chicken broth
6 cups water

For the Liaison:

1 cup yogurt
1 egg
1 tbsp salt

For Upper Side:

Dried mint

- # At night place the cleaned wheat and cleaned dried corn into separate bowls. Wash them and rest in the water.
- # The day after, boil them into separate pots also with the water which they are rested in. Boil until they soften.
- # Boil the chicken with enough water, until it softens totally.
- # Put the flour, vegetable oil and butter into a deep bowl. Roast it over medium heat, until the flour's color turns to pink, by stirring it constantly.
- # Add hot chicken broth and water on it, and add the wheat and corn also. Let it boil for 10 more minutes.
- # Meanwhile, whisk the mixture of the egg and salt, and then add it into the boiling soup very slowly, by stirring the soup during the addition.
- # When the soup reaches to the boiling temperature, add the boiled and picked into pieces chicken into the soup. Cook it over low heat for 15 minutes.
- # Remove it from the stove and rest it for a while. Then fill the soup into bowls and sprinkle dried mint all over.

Note: Pop corn style corn must not be used for cooking this soup. Because, that type of corn does not soften, although you boil it for a long time.