



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

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## Fish Soup

Balık Çorbası



Fish slice, which has the 3 inches width (7 ounces)  
Quarter orange  
Half bunch banana pepper  
1 small onion  
1 slice of lemon  
Half bunch parsley  
1 garlic clove  
Half of a small apple  
4 cups water  
1 tbsp butter  
3 tbsp sunflower oil  
2 tbsp flour  
1 cup milk  
1 small carrot  
1 + 1/2 tsp salt

- # Put the orange, banana pepper, thickly diced onion, lemon slice, half of the parsley, apple and the garlic clove which is pounded a little. Finally place the fish on the top.
- # Add 4 cups water on it, cover the lid of the pot and cook it over medium heat until the fish softens.
- # Remove the cooked fish from the pot, remove the bones and dice it into too very small pieces. Strain the remaining ingredients, and put the juice of the mixture aside to use it later, but cast the remaining vegetables away.
- # Put the vegetable oil and the butter into the pot and make it hot over medium heat. Then add flour in it. Roast the flour until its smell goes away.
- # Add the grated carrot into the mixture, roast until it softens. Sprinkle salt all over.
- # Add the remaining boiling water of the fish and warm milk in it. And cook it by stirring constantly until it reaches to the boiling temperature.
- # Finally, add the boneless fish in it finally. After cooking it for a while more, add the remaining finely sliced parsley, and remove the pot from the stove urgently. Serve it hot.

**Note:** Fish soup may be prepared with the fishes as sea bass or mackerel, those weight about approximately 7 ounces also.