



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

Milk Soup

Süt Çorbası



1/3 cup rice
5 cups milk
3 cups water
2 tbsp flour
1 + 1/2 tsp salt

To Garnish:
1 tsp crushed red pepper

- # Wash the rice with too much water and place into the pot.
- # Add 3 cups water on it and cook over low heat without covering the lid on, until the rice soften and lose their original shape.
- # Remove the boiled rice from the stove and rest it at room temperature for half an hour to make it warm.
- # Meanwhile, mix the cold milk with salt and flour in a separate bowl.
- # Pour the mixture of milk into the warm rice slowly and stir the new mixture.
- # Cook the new mixture over medium heat by stirring it time to time to prevent it from sticking to each other.
- # After boiling the soup for a while, when it reaches to the boiling temperature, fill it into a deep plate or bowl.
- # Sprinkle crushed red pepper all over and serve it hot.

Note: The cause of boiling the rice with water to decrease the amount of the milk for the soup. But, you can boil the rice with milk also.