



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

---

## Arafat Soup

Arafat orbas



2 chicken thighs  
1 tomato  
5 tbsp vegetable oil  
1 tbsp flour  
1 + 1/2 cups chickpea  
2 cups yogurt  
4 garlic cloves  
1 tsp salt  
1 tbsp dried mint  
8 cups water

For the Balls:  
1 cup thin bulgur  
5/6 cup hot water  
1/2 tsp cumin  
1/2 tsp black pepper  
1/2 tsp crushed red pepper  
1 small onion  
1 tsp salt  
1/3 cup flour

- # Wash the chickpeas and rest them in clean water for overnight. The day after, boil them until they soften.
- # Add 8 cups of water onto the chicken thighs and let it boil.
- # Add 5/6 cup hot water onto the bulgur, rest it for 10 minutes. And then, add grated onion, cumin, salt, black pepper and crushed red pepper on it.
- # Start to knead the mixture. Add flour little by little during the kneading. Make the mixture reach to the right consistency, without sticking to your hands.
- # Pick pieces, each of them is bigger than walnut, from the dough and roll them. Place the balls onto a plate, which contains some flour on it, and shake the plate to cover the balls with flour.
- # Remove the bones of the chicken thighs and pick the thighs into too small pieces.
- # Put vegetable oil into a pot and make it hot. Then, add flour on it and roast the mixture for about 2-3 minutes and then add the grated tomato on it.
- # Saut the mixture for about 1-2 more minutes. Add the water which you boiled the thighs in, into the mixture at once and add the prepared balls also.
- # 10 minutes later, add the picked thigh pieces and boiled chickpea on it.
- # Meanwhile, whisk the mixture of yogurt, pounded garlic and 1 cup water. When the soup reaches to the boiling temperature, add this mixture into the soup slowly and sprinkle salt. Cook it for 5 more minutes by stirring.
- # Sprinkle the dried mint finally, stir and remove the pot from the stove and serve hot.

**Note:** The mixture of yogurt may be added into the Arafat soup while serving it, without cooking.