

Fresh Horse Bean Soup

Taze Bakla Çorbası



8.8 ounces fresh horse bean
5 tbsp yogurt
3 tbsp flour
1 egg
5.3 ounces calf meat
1 big tomato
1/3 cup vegetable oil
2 tsp salt

Wash the horse bean, clean and dice finely.

Knead the washed horse beans with 1 tsp flour and 1 tsp salt.

Wash it well to cast the flour and salt away. (This process removes the bitter taste of horse bean.)

Put the horse beans into a pot, and add 8 cups of cold water on it. Cook it over medium heat, until it softens. # Meanwhile, dice the calf meat.

Put half of the vegetable oil into a pot and make it hot over medium heat. Then, add the diced meat on it.

After roasting the meat, add the grated tomato on it.

Meanwhile, whisk the mixture of yogurt, egg, salt and flour in a separate bowl as the liaison.

Add the mixture of meat and tomato, and the liaison mixture into the boiling horse beans.

Boil the mixture for a while more, after it reaches to the boiling temperature.

After filling the soup into the service plate, pour the remaining oil all over the soup and garnish it with dill also.

Note: The water for boiling the horse bean may be decreased and you can fill the remaining liquid with broth also.

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