



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

Spinach Soup

Ispanak Çorbası



- 1 bunch spinach
- 1 medium onion
- 7 tbsp sunflower oil
- 1/2 cup flour
- 3 cups milk
- 6 cups mixture of water and broth
- 1 tsp black pepper
- 2 tsp salt
- 1 cup grated kasar cheese

- # Wash the spinach. Chop its stems finely and chop the leaves thickly. Dice the onion finely.
- # Put the chopped spinach and onion into a pot, and add sunflower oil on it and mix.
- # Cover the lid of the pot. Cook the mixture for 25 minutes without uncovering the lid over very low heat. (Because of the low heat, the spinach does not turn to cooked and the color does not change.)
- # At the end of the cooking time, remove the pot from the stove. Do not cover the lid of the pot for about 10 -15 minutes more.
- # When the vapor of the mixture rains, uncover the lid. Blend it to turn into puree.
- # Place the puree into the a pot, add milk and flour on it. Mix it well before placing over the stove, to prevent the mixture from turning into balls during the cook.
- # Place the pot over medium heat, add water and broth on it, keep on stirring at that time.
- # When the soup reaches to boiling temperature, turn the heat to low. Add black pepper and salt into the soup. Boil it for 5 more minutes more, then remove it from the stove.
- # Fill the spinach soup into the bowls, and sprinkle grated kasar cheese all over. Serve it hot.

Note: Milk must not be added onto hot spinach puree. The puree must be warm.