



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

Cauliflower Soup

Karnabahar Çorbası



1 cup cauliflower
3 tbsp flour
5 tbsp sunflower oil
6 cups water or broth
2 tsp salt

For the Liaison:
1 cup milk
1 egg
Juice of half lemon

For Upper Side:
7 - 8 stems of parsley
1 tsp crushed red pepper

- # Boil the cauliflower and strain it.. Mash by a fork or blend to turn it into puree.
- # Put vegetable oil into a pot and place the pot over medium heat. When the oil becomes hot, add flour on it.
- # Roast the flour by stirring constantly, until it turns to pink.
- # Add the cauliflower puree onto the flour. After sautéing it for a while, add 6 cups broth or water on it.
- # Meanwhile, prepare the liaison. Whisk the mixture of egg, lemon juice and milk in a deep bowl.
- # Put 1/2 cup of soup into the liaison's bowl to make the liaison warmer. Then, pour the liaison into the soup very slowly while stirring the soup constantly.
- # Finally, add the salt into the soup. Cook it for a while more, after it reaches to the boiling temperature.
- # Fill the soup into service plates or bowls, sprinkle sliced dill and crushed red pepper all over and serve it hot.

Note: The homeland of the cauliflower is East Mediterranean.