



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

Aristocrat Soup

Aristokrat orbas



1 small celery
1 medium potato
1 medium carrot
1 medium onion
8.8 ounces boneless chicken meat
1/3 cup vegetable oil
7 cups chicken broth
2 tsp salt
1 tsp black pepper

For the liaison:

1 egg
Juice of 1 lemon
2 tbsp flour
1 cup chicken broth

- # Put the oil into a pot and make it hot. Then, add diced onion in it and roast the onion.
- # Add the diced carrot, celery and potato onto the onion respectively. Saut the mixture until the ingredients turn to transparent.
- # Add 7 tbsp of chicken broth onto the vegetables and wait until the mixture reaches to the boiling temperature.
- # Meanwhile, pick the boiled chicken into small pieces. When the mixture of vegetables reaches to the boiling temperature, add the chicken in it.
- # Whisk the mixture of flour, egg, chicken broth and lemon juice in a deep bowl, and add some boiling soup onto the mixture also to make it warmer also.
- # Pour the liaison into the soup at once and stir the soup.
- # Finally, add black pepper and salt also into the mixture. Turn the heat to low and cook the soup for 5 more minutes.
- # Serve it hot, just after removing it from the stove.

Note: Generally just the yolk of the egg is used for preparing liaison. Because, if you do not whisk the mixture well, there will be small balls in it. But, if you can whisk well, you can use whole of the egg also.