



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

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## Yuvalama

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8.8 ounces lamb cubes  
8.8 ounces ground calf meat  
1/2 cup chickpea  
1/3 cup rice  
3 medium onions  
2 tsp salt  
1/2 tsp black pepper  
7 cups water  
1/3 cup vegetable oil

For the Liaison:  
2 cups yogurt  
1 egg

For Upper Side:  
1 tbsp dried mint  
1/2 tbsp crushed red pepper

- # Rest the chickpea and rice in separate bowls, which are full of water, for overnight. The day after, strain the chickpea and rice, pound them or blend without boiling.
- # Add the pounded chickpea, rice, salt and black pepper onto the ground meat and knead the mixture until it turns to homogenous.
- # Pick walnuts sized pieces from the mixture and roll them between your palms, place them onto a flat bench to dry them a little.
- # While resting the nestings, put vegetable oil into a pot and make it hot. Then add the diced onion in it.
- # After frying the onion, add lamb cubes in it and roast them over high heat for about 5-6 minutes. Add 7 cups of water on it and cook for about 25-30 minutes.
- # Add the nestings into the boiling soup and cook it until the nestings start to seem over the surface of the soup.
- # Meanwhile, prepare the liaison. Mix the yogurt with egg, add 1/2 cup of boiling soup on it. Pour this liaison into the soup slowly by stirring the soup constantly.
- # Boil the soup less then 5 minutes, after it reaches to the boiling temperature. Then, remove the soup from the stove.
- # Garnish the soups in deep service plates with dried mint and crushed red pepper. Serve it hot.

**Note:** The original name of this soup is "yuvarlama" as rolling. But it has turned to "yuvalama" by the years.