



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

Ovmac Soup

Ovma orbasi



5.3 ounces chicken
5 cups water
2 tbsp vegetable oil

For the Dough:

1 cup flour
1 egg
1 tbsp water

For the Liaison:

1 cup yogurt
1 tbsp flour
1 egg
1 tsp salt

Pour the flour onto a flat bench, make a hole in the middle of the flour hill. Break the egg in this hole, add 1 tbsp water and 1/2 tsp salt and knead this mixture to make it turn into dough.
Rest this hard dough for half an hour at least. Meanwhile, dice the chicken, add 5 cups of water on it and boil this mixture, until the chicken softens.
Pick chickpea sized pieces from the dough and roll them between your palms. Place the dough pieces onto the floured baking tray and shake the tray to cover the balls with flour.
Add the remaining 1/2 tsp salt into the boiling chicken, add the dough balls and vegetable oil into the soup also. When the dough balls start to go to the surface of the soup, add the mixture of yogurt, flour and salt into the soup. Boil the soup for a while more, after it reached to the boiling temperature. Then remove it from the stove.
Pour that hot soup into bowls. Sprinkle crushed red pepper all over, and serve the soups hot.

Note: Ovmac soup has different names in Central Anatolia region.