



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

Tutmac Soup

Tutmaç Çorbası



2 cups yogurt
1 cup chickpea
1/2 cup flour
1 egg
2 tsp salt
7 cups broth
2 cups water

For Tutmac:

1 cup su
Water, as much as the mixture gets in
1/2 tsp salt

For Upper Side:

1/3 cup vegetable oil
1 tsp crushed red pepper

- # Tutmac must be prepared days ago, and it must be used dry for cooking the soup.
- # For preparing the tutmac: put 1 cup water into a deep bowl. Add salt and add flour little by little on it, and make the mixture turn into hard dough.
- # Divide the dough into 2 equal pieces and roll them out over floured bench by a rolling pin with low thickness. Rest the dough for about 1 hour.
- # Cut the rolled out dough pieces into strips, each of the strips has 1/2 inch width. Then cut the strips into squares. Rest the tutmac pieces in a dry place by turning them time to time for about 3-4 days.
- # Put 2 cups yogurt, 2 cups water, 1 egg and 1/2 cup flour into a pot. Then, whisk it by a fork or beater, until it turns to homogenous.
- # Place the pot over medium heat and boil it by stirring time to time.
- # Add 7 cups of broth in it, when it reaches to the boiling temperature. When the mixture reaches to the boiling temperature, add dry tutmac pieces, boiled chickpea and salt in it.
- # When the soup reaches to the boiling temperature, turn the heat to lower degree. Boil the soup for about 7-8 more minutes, then remove the pot from the stove.
- # Fill the hot soup into deep service plates, pour the hot mixture of vegetable oil and red pepper powder over the soups.

Note: Tutmac soup is indecent to Bingöl city. Originally yagnibah is used instead of pepper as garnish.