



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

## Meat Pastry Soup

Manti Çorbası



2 + 1/2 cups yogurt  
1 tbsp flour  
1 egg  
5 garlic cloves  
1 + 1/2 cups chickpea  
1 + 1/2 tsp salt  
11 cups water  
For Meat Pastry:  
1 egg  
1/3 cup warm water  
1 tsp salt  
Water, as much as the dough gets in

For Filling:  
5.3 ounces ground meat  
1 small onion  
1/4 tsp salt  
1/4 tsp black pepper

For Upper Side:  
8 tbsp vegetable oil  
1 tsp crushed red pepper  
1 tsp dried mint  
1 tsp sumac

# Firstly, prepare the meat pastries. Break the egg into a deep bowl, add warm water, salt and add flour little by little into the mixture, while kneading it. Make the dough reach hard consistency.  
# Cover the dough and rest it for half an hour, then divide it into 2 equal pieces. Roll the pieces over floured bench as thin as you can.  
# Then cut the rolled out dough pieces into 1x1 inch sized squares. Put the mixture of very finely diced onion, ground meat, salt and black pepper onto the middle of the squares. Then close the squares by folding them.  
# After preparing the meat pastries, rest them for half an hour to dry a little.  
# Put 5 cups of water and 1/2 tsp salt into a deep pot and boil this mixture. When it reaches to the boiling temperature, add the meat pastries into the water and cook them without losing the meat pastries' shape.  
# Meanwhile, put yogurt, flour, egg, 1 tsp salt and 6 cups of water into a deep bowl. Whisk this mixture, until it becomes homogenous.  
# Pour this mixture into the onto the boiling meat pastries. Stir the soup time to time by keeping the shape of the pastries, until the soup reaches to the boiling temperature.  
# When the soup reaches to the boiling temperature, add the pounded garlic and boiled chickpeas into the soup and cook it for 5 more minutes. Then, remove the pot from the stove.  
# Fill the soup into the bowls, pour the fried mixture of oil and crushed red pepper all over the soups. Sprinkle mint and sumac also to garnish, and serve the soups hot.

**Note:** Meat Pastry Soup is also called as "ring soup" or "yuksuk soup". It is cooked in Antakya city region generally.