



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

Kastamonu Style Potato Soup

Patates Paças



4 medium potatoes
2 cups yogurt
2 eggs
7 garlic cloves
4 cups water
8 tbsp vegetable oil
2 tsp salt

For Upper Side:
1 tsp crushed red pepper
1/3 cup vegetable oil

- # Boil the potatoes, peel and grate them.
- # Put 8 tbsp vegetable oil into a pot and make it hot over medium heat. Then, add the grated potato in it. Roast it for about 5 minutes by stirring constantly.
- # Remove the pot from the oven and let the potato cool down. Meanwhile, put yogurt, egg, crushed garlic, salt and 4 cups water into a deep bowl, and whisk this mixture well.
- # Add the mixture of yogurt onto the roasted potato and place that pot over the stove.
- # Cook the soup by stirring constantly, until it reaches to the boiling temperature. Then turn the heat to low and cook the soup for 5 more minutes.
- # Fill the soup into deep service plate and pour the fried crushed red pepper all over the soups. Serve the soups hot.

Note: This is one of the most popular soups of Kastamonu city. The world famous Taskopru garlic is plated in Kastamonu region.