



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

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## Arabian Soup

Arabaşı



1 small chicken  
Juice of a lemon  
10 cups water  
1 + 1/2 tsp salt  
1 + 1/2 tsp crushed sweet red pepper

For the Dough:  
4 cups flour  
4 cups water  
1 tsp salt

- # Clean the chicken and put it into a pot, add 10 cups of water on it and let it boil.
- # Meanwhile, prepare the dough. Put flour into a deep bowl, add salt in it and mix. Then, add 4 cups water in it little by little while kneading the dough.
- # Pour this mixture into the circle shaped wet baking tray. And bake it in the oven, which is preheated to 365 F, for 15 minutes. (The dough also may be cooked over the stove instead of baking as milk pudding. But small flour balls may become in the dough during the cooking, so it requires experience to prevent it.)
- # When the dough -which is removed from the oven- cools down, remove the bones of the chicken and pick it into small pieces.
- # Add sweet red pepper powder, salt, lemon juice and picked chicken into the chicken broth in the pot. Stir and cook it, until it reaches to the boiling temperature.
- # Fill the soup into a medium size deep bowl. Cut a piece from the middle of the rolled out dough. (Piece should have the same size with the bowl.). Place the bowl onto the hole in the middle of the rolled out dough piece.
- # Make some cuts in the dough by a knife.
- # You can cut the dough into diagonal pieces also. Then, add them into the soup.

**Note:** There are some special Arabian Meal festivals in Central Anatolia. Traditionally, you must not eat this soup with bread, you should eat it with the prepared dough.