



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

Goulash Soup

Gulaş Çorbası



1.10 pounds calf goulash
2 big onions
1/3 cup vegetable oil
2 medium potatoes
2 medium carrots
2 medium tomatoes
4 long green peppers
3 tsp sweet red pepper powder
1 tsp crushed red pepper
1 tsp black pepper
1 tsp cumin
9 cups hot water
2 tsp salt

For the Dough:

5 tbsp flour
1 egg
1/2 tsp salt

- # Chop the onion, dice the carrot, potato and tomato. Slice the long green peppers finely.
- # Put vegetable oil into a pot and make it hot. When it turns to hot, add onion in it. Fry the onions until they soften totally. Add calf goulash cubes in it, roast it by stirring time to time until the meat gives its broth and soaks again.
- # Add pepper and carrot in it. Roast the mixture for about 5-10 more minutes. Add tomato and potato also, sauté it for a while, then add hot water in it.
- # Boil the mixture for about 15-20 minutes, add sweet red pepper powder, crushed red pepper, black pepper, cumin and salt in it.
- # Meanwhile, put flour, egg and salt into a deep bowl. Add water until it reaches to the soft dough consistency, and whisk it well.
- # Hold the strainer over the boiling soup, and pour the dough onto the strainer to make it fall onto the soup as drops.
- # When the dough pieces start to stay over the soup, it means that the soup is cooked. (Thinly crushed 2 garlic cloves may be added into the soup with onion also.). Serve it hot.

Note: Goulash Soup is from Hungary, it can be also main dish.