

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

Cairo Soup with Liaison

Terbiyeli Kahire Çorbası



1 big onion
3 garlic cloves
1/3 cup vegetable oil
1.1 pounds spinach leaves
2 tbsp rice
2 medium tomatoes
2 tsp salt
1 tsp black pepper
8 cups broth or water

For the Liaison: 2/3 cup milk 2 tbsp flour 1 egg

- # Dice the onion and garlic finely and roast them with olive oil, until they soften.
- # Firstly, add finely slice spinach leaves, then add diced tomato on it.
- # When the color of the spinach changes a little, add washed and strained rice, and add 8 cups of water or broth on it. When the mixture reaches to the boiling temperature, turn the heat to low and cook it for about 10 more minutes.
- # Meanwhile, prepare the liaison of the soup. Whisk the mixture of milk, flour and egg, until it smoothens. Add 1/2 cup of boiling soup onto the liaison to make it warmer, then pour it into the soup.
- # After adding the liaison, add salt and black pepper also. Cook it for a while more, then serve it hot.

Note: Cairo Soup with Liaison is an old Egyptian recipe.