



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

Mushroom Soup with Carrot

Havuçlu Mantar Çorbası



16 medium fresh mushrooms
1 big carrot
1 medium onion
2 banana peppers
2 tsp salt
1/2 tsp black pepper
5 cups broth or water
4 tbsp vegetable oil

For Liaison:
1 cup yogurt
1 egg
1 tbsp flour
1 cup water

- # Put vegetable oil into a pot and make it hot over medium heat. Then, add finely diced onion in it. Fry the onion without burning them, until the pieces become smaller.
- # Add thickly grated carrot, and add seeds removed and finely diced banana pepper in it. Roast the mixture, until carrot seems as transparent.
- # Then add finely diced fresh mushroom on it, and sauté the mixture for about 2-3 minutes. Add 5 cups of broth or water on it and sprinkle salt also.
- # Prepare the liaison, while the soup reaches to the boiling temperature. Mix the yogurt with egg, flour and 1 cup water, until it smoothens.
- # Pour the liaison into the boiling soup at once and stir it urgently. Cook it by stirring constantly, until it reaches to the right consistency.
- # Finally, sprinkle black pepper all over and serve it hot.

Note: If you use canned mushrooms, sauté the mixture for a shorter time.