



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

Pastoral Soup

Pastrel orba



3/4 cup fresh icker
3/4 cup green peas
7 ounces veal cubes
6 tbsp vegetable oil
1 small onion
1 long green pepper, small size
1 cup yogurt
1 egg
5 tbsp flour
1 tbsp salt
1/2 tsp black pepper
7 cups water
5 stems of parsley

- # Put the oil into a pot, turn the heat to medium, when the oil get red hot a little add the veal cubes, cook until it gives its gravy and soaks again.
- # Add finely slice onion and pepper on the veal cubes, saut it for a while, and then add boiled ickers and green peas, stir.
- # Add 6 cups water and boil.
- # Put 1 cup yogurt into a deep bowl, add remaining 1 cup water, flour, salt and egg, and whisk the mixture well.
- # Pour this mixture into the boiling soup slowly by stirring the soup constantly during the adding.
- # After adding all the ingredients boil the soup for 5 more minutes by stirring constantly.
- # Add finely sliced parsley and black pepper into the soup, after removing it from the stove. Serve hot.

Note: If you can't find fresh ickers, you can use dried ickers also, but in that case you should boil it for a long time.