



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

Tripe Soup İşkembe Çorbası



2.20 pounds veal tripe
15-20 garlic cloves
3 tbsp vegetable oil
1 tbsp flour
1 + 1/2 tsp salt
Vinegar
5 cups water

- # Clean the tripe, chop it into cubes, put into the pressure cooker, add 5 cups water on it, cover the lid on, cook for about 45-50 minutes after it reaches to the boiling point.
- # Turn the heat off, cool the pot to get its fat over the surface, remove the fat over the surface by the help of a spoon.
- # Peel the garlic cloves and mash them.
- # Put the oil into a pot, add mashed garlic on it, sauté it over medium heat for a sort time, and then add the flour and sauté.
- # Pour the boiled tripe cubes on it with its water, add salt, boil it over medium heat for 10-15 minutes by stirring time to time.
- # Pour the soup into the bowls, pour vinegar all over the soup and serve.

Note: The tripe soup becomes transparent generally. If you want a thicker soup, you should increase the measure of flour.