

# Yogurt Soup

This dish is found all across the Middle East, with innumerable variations in different regions and households. This Turkish version should feed 4–6 people.

## Ingredients

1 ½ pints clear chicken stock (use a cube if you have to) ½ pint yogurt  
1oz butter 2 level tbsp plain flour  
1 egg Juice of half a lemon  
1 pinch ground cinnamon 1 pinch ground cumin  
1tsp dried mint Salt and pepper to taste

Warm the chicken stock. Melt the butter in another heavy-bottomed saucepan, and add the flour. Stir over a gentle heat to make a smooth paste. Add the stock slowly, stirring as you go to remove any lumps. Once all the stock is incorporated, bring the soup mixture to a good heat. Keep stirring and cook for 15 to 20 minutes, until the mixture is smooth and the taste of flour has disappeared. In a bowl, whisk together the lemon juice and the egg. Add a ladleful of the soup mixture and whisk again before returning to the rest of the soup. Add the yogurt and warm over a very low heat; it must not boil, or it will curdle. Add the cinnamon, cumin and salt and pepper to taste, and stir. Finally, stir in the dried mint and serve.

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