

TARHANA SOUP



Tarhana is a dried food which consists of flour, yoghurt, tomato paste, tomato juice and red pepper. Traditionally, family elders like grandmothers, aunties and mums make tarhana and it is shared amongst family. The drying process of tarhana dough takes approximately 15 days. But you can find it in the supermarkets as well.

Tarhana is one of the most well known Turkish soups and it is really tasty. It is preferred especially in winter days. Tarhana soup is common in Central Asia and Balkans as well.

Since ancient times, Turks has always kept their food by drying them. So they find a way to keep yoghurt by making tarhana. The preparation of tarhana may vary from place to place. But let's look at one of the common recipes:

INGREDIENTS

3 tablespoons tarhana

3 cups water + 1 cup chicken stock (optional)

2 dessertspoons tomato paste

1 grated tomato

Salt

Dried pepper (optional)

PREPERATION

**Place tarhana in a bowl with warm water in order for it to dissolve.*

** In a cooking pot, melt butter.*

**Then add tomato paste, granted tomato and tarhana.*

**Add water gradually by stirring.*

**Add salt and keep stirring so that tarhana doesn't stick.*

**If you want, add more water. As the soup heats, it will become thicker.*

**You can serve your soup with bread*

Note: Some people prefer to add minced meat into their soup. If you like it, you can try it.

ENJOY YOUR MEAL!