BALKAN · LUNCH · DINNER

Begova Corba (Bosnian Bey's Chicken and Okra Soup)

Begova čorba

100 min · Serves 6 · 181 kcal a serve · Video 18:04 in Serbian · Marinina kuhinja / Marina's Kitchen

No nuts listed

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A light, creamy chicken soup thickened with egg yolk and a little sour cream rather than lots of flour — about 9 g net carbs a serve, with vegetables and okra in every bowl.

Ingredients 14 · SERVES 6

- [ ] 1 lb **chicken drumsticks and thighs** (bone-in), meat shredded off the bone
- [ ] about 2¾ quarts **water**
- [ ] 2 large **carrots**
- [ ] 1 small **white carrot** (parsley root or parsnip)
- [ ] 1 piece **celeriac** (celery root)
- [ ] 1 **onion**, simmered whole for flavour and then discarded
- [ ] 3½ oz **okra** (bamija), fresh or dried
- [ ] a squeeze of **lemon** for the okra water, plus lemon slices to serve
- [ ] 1 **egg yolk**
- [ ] 3½ oz **sour cream** (pavlaka)
- [ ] 2 tbsp **plain flour** (1 oz)
- [ ] **Salt**: salt and dry vegetable seasoning (Vegeta), to taste
- [ ] **black pepper**, to taste
- [ ] a generous handful of **fresh parsley**, finely chopped

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Egg, Milk, Celery. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Put the chicken in a pot with about 2¾ quarts water and bring to the boil. After 15 minutes add the carrots, white carrot, celeriac and the whole onion, and simmer until the meat is very tender (20–30 minutes more on camera; up to an hour). 0:18
2. About 15 minutes before the end, cook the okra separately in a little water with a squeeze of lemon juice, then drain. 1:53
3. Lift out the meat and vegetables to cool. Shred the chicken off the bone. Finely chop one carrot and 3–4 okra pods; blend the rest of the vegetables and discard the onion. Strain the broth over them, add the meat and seasoning and bring to the boil. 4:00
4. Whisk the egg yolk, sour cream and flour until smooth, stir in a ladle of hot broth, then pour it slowly into the soup, stirring all the time. When it boils again, turn off the heat. 7:54
5. Stir in a generous handful of chopped parsley and serve with a slice of lemon (or a dash of vinegar). 9:24

> **Tip** Serves about 6 (the cook doesn't say). In Sarajevo it opens the iftar meal. Fresh, frozen or dried okra all work, and 1¾–2½ oz is enough if that's what you have. Bread is the usual side; skip it to keep carbs low.

The method is a summary in our words, in English — the video (in Serbian) shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
181 kcal	**14** g	**12** g	**2.3** g	**8.9** g	**470** mg
760 kJ	27% of a day	9.4 g net · 3.3 g sugars	8% of a day	3.3 g saturated	21% of a day
		4% of a day		11% of a day	

Energy from net carbs 22% · protein 32% · fat 46% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin K 44% · Vitamin A 38% · Selenium 26%

Source of (10–19%) Vitamin B6 17% · Vitamin B12 15% · Zinc 14% · Vitamin C 13%

Recipe and video: Marinina kuhinja / Marina's Kitchen (@MarininaKuhinja) on YouTube — youtube.com/watch?v=pRCPIM-wbJg, published 18 February 2025. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/begova-corba