BALKAN · LUNCH · DINNER

Shkembe Chorba (Bulgarian Tripe Soup with Garlic Vinegar)

Шкембе чорба

60 min · Serves 6 · 267 kcal a serve

Video 11:43 in Bulgarian · Bulgarian Recipes - Zvezdev's Kitchen

No nuts listed

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About 14 g protein and 10 g net carbs a bowl: a light milk-and-broth soup of slow-cooked tripe, with no flour or egg thickening in this Sofia-style version.

Diet notes: Keto (9.9 g net carbs a serve); Gluten-free with a swap: Many stock cubes contain wheat: use gluten-free cubes or homemade beef broth to keep it gluten-free.

Ingredients 9 · SERVES 6

- [ ] 500 g **blanched beef tripe** (the white, pre-cleaned kind)
- [ ] **beef stock** from 2 stock cubes and 1 litre water (or 1 litre beef broth) — it cooks down to about ½ litre
- [ ] about 800 ml **fresh whole milk**, warmed
- [ ] 2 tbsp **oil**
- [ ] 50 g **butter**
- [ ] 2 tsp **sweet paprika**
- [ ] 2 **garlic** cloves, crushed, to serve
- [ ] 6 tbsp **wine vinegar**, to serve
- [ ] **crushed dried hot pepper**, to serve

Allergens found in the listed ingredients: Gluten, Milk, Sulphites. 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. Rinse the blanched tripe, cover it with 1 litre water and 2 beef stock cubes (or beef broth) and simmer until fully soft — 20–30 minutes for blanched tripe. 1:39
2. Lift the tripe out of the broth and leave it to cool so you can cut it. 3:15
3. Pour about 800 ml warmed milk into the hot broth (about 1½ litres of liquid in all, as about ½ litre of broth is left) and bring it just to the boil for a minute. 4:00
4. In a small pan, warm the oil, then melt the butter in it without letting it fry. Take it off the heat and stir in the paprika so it doesn't burn. 4:54
5. Pour the hot red paprika butter into the soup — the red fat should float on top. 6:48
6. Crush the garlic and stir it into the wine vinegar in a small bowl. 7:50
7. Cut the tripe into small pieces, add it to the soup and simmer 1–2 minutes. Serve with the garlic vinegar and crushed hot pepper for everyone to add to taste. 9:15

> **Tip** His written recipe uses 1 litre beef broth and ½ litre milk. Other regions thicken it with flour, or eggs and yoghurt. Usually eaten with bread — on its own it stays low in carbs.

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

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
267 kcal	14 g	10 g	0.3 g	19 g	530 mg
1,120 kJ	28% of a day	9.9 g net · 7.6 g sugars	1% of a day	8.2 g saturated	23% of a day
		4% of a day		24% of a day	

Energy from net carbs 15% · protein 21% · fat 64% — fits keto: 9.9 g net carbs, 64% of the energy from fat

High in (20%+ of a day) Vitamin B12 48% · Omega-3 29% · Selenium 26%

Source of (10–19%) Calcium 17% · Zinc 17% · Vitamin A 16% · Vitamin E 10%

Recipe and video: Bulgarian Recipes - Zvezdev's Kitchen (@zvezdevBG) on YouTube — youtube.com/watch?v=g39V_FbRblg, published 31 December 2024. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, 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/shkembe-chorba