TURKISH · LUNCH · DINNER

Yayla Çorbası (Turkish Yogurt, Rice and Mint Soup)

30 min · Serves 4 · 286 kcal a serve · Video 5:00 · Hungry Man Kitchen

Vegetarian · No nuts listed

Yogurt, an egg yolk and a spoon of flour thicken the soup instead of cream, giving each serve about 7 g of protein and some calcium, with mint and lemon for flavour and no added sugar.

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Ingredients 12 · SERVES 4

- [ ] ½ cup **rice**, any variety, washed well
- [ ] 6⅓ cups **water**
- [ ] 1½ cups **plain yogurt** (Turkish or Greek), at room temperature
- [ ] 1 **egg yolk**
- [ ] 1 tbsp **all-purpose flour**
- [ ] **Lemon juice**: juice of ½ lemon
- [ ] 2 tsp **salt**
- [ ] 1 tsp **black pepper** (optional)
- [ ] 1½ oz **butter**
- [ ] 1 tbsp **oil**
- [ ] 1 tbsp **dried mint**
- [ ] a pinch of extra **dried mint**, to garnish

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. 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. Wash the rice well, put it in a pan with 6⅓ cups of water, bring to a boil and simmer for about 10 minutes until soft. 0:27
2. In a bowl, whisk the room-temperature yogurt with the egg yolk, flour and lemon juice until smooth and lump-free. 1:12
3. Temper the yogurt: whisk in ladlefuls of the boiling cooking water one at a time until the mixture is hot, so it won't curdle. Strain it if you like, then pour it into the pot. 2:18
4. Stir constantly until the soup comes back to a gentle simmer and turns smooth, then season with the salt and pepper. 2:45
5. Melt the butter with the oil in a small pan until sizzling, take it off the heat before it browns and stir in the dried mint until fragrant. 3:10
6. Stir most of the mint butter into the soup and cook to the thickness you like. Serve with the rest of the mint butter and a pinch of mint on top. 3:58

> **Tip** Serves 4 (our estimate). Bring the yogurt to room temperature and keep whisking while tempering so it stays silky. Use less salt if you prefer. Reheat gently.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
286 kcal	6.7 g	29 g	0.9 g	16 g	1,210 mg
1,200 kJ	13% of a day	28 g net · 5 g sugars	3% of a day	8 g saturated	53% of a day
		11% of a day		21% of a day	

Energy from net carbs 40% · protein 9% · fat 51%

High in (20%+ of a day) Omega-3 25% · Selenium 21% · Vitamin B12 20%

Source of (10–19%) Calcium 12% · Vitamin A 12% · Zinc 10%

⚠ One serve has about 53% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Hungry Man Kitchen (@HungryManKitchen) on YouTube — youtube.com/watch?v=LdRXGPynU4Q, published 22 April 2022. 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/yayla-corbasi-turkish-yogurt-mint-soup