

Yogurt Soup with Noodles and Meatballs

Tutmac Crobasi

INGREDIENS:

Servings: 2 people

Meatballs:

Ground lean lamb	2 oz
Ground almonds	1/8 cup
Paprika	1 tsp
Salt and freshly ground pepper	to taste
Butter	1/4 oz
Semolina	optional, as needed

Soup:

Plain yogurt	3/4 cup
Egg yolk	1
Flour	1 tsp
Lamb or chicken stock	1/2 cup
Crushed garlic clove	1
Thick noodles	1 oz
Salt and freshly ground pepper	to taste
Unsalted butter	1/4 oz
Finely sliced small onion	1
Chopped dill	small bunch

Servings: 4 people

Meatballs:

Ground lean lamb	5 oz
Ground almonds	1/4 cup
Paprika	1 tsp
Salt and freshly ground pepper	to taste
Butter	1 oz
Semolina	optional, as needed

Soup:

Plain yogurt	1 1/2 cups
Egg yolk	1
Flour	2 tsp
Lamb or chicken stock	1 cup
Crushed garlic clove	1

Thick noodles	2 oz
Salt and freshly ground pepper	to taste
Unsalted butter	1 oz
Finely sliced medium onion	1
Chopped dill	small bunch

Servings: 6 people

Meatballs:

Ground lean lamb	7 oz
Ground almonds	1/3 cup
Paprika	1 tsp
Salt and freshly ground pepper	to taste
Butter	1 oz
Semolina	optional, as needed

Soup:

Plain yogurt	1 pint
Egg yolk	2
Flour	1 tbs
Lamb or chicken stock	1 1/2 cups
Crushed garlic clove	2
Thick noodles	4 oz
Salt and freshly ground pepper	to taste
Unsalted butter	1 oz
Finely sliced large onion	1
Chopped dill	small bunch

Servings: 8 people

Meatballs:

Ground lean lamb	10 oz
Ground almonds	1/2 cup

Paprika	1 tsp
Salt and freshly ground pepper	to taste
Butter	1 1/2 oz
Semolina	optional, as needed

Soup:

Plain yogurt	1 1/2 pints
Egg yolks	3
Flour	1 tbs
Lamb or chicken stock	1 pint
Crushed garlic cloves	3
Thick noodles	5 oz
Salt and freshly ground pepper	to taste
Unsalted butter	1 1/2 oz
Finely sliced medium onions	2
Chopped dill	small bunch

Servings: 10 people

Meatballs:

Ground lean lamb	12 oz
Ground almonds	2/3 cup
Paprika	1 tsp
Salt and freshly ground pepper	to taste
Butter	2 oz
Semolina	optional, as needed

Soup:

Plain yogurt	2 pints
Egg yolks	3
Flour	2 tbs
Lamb or chicken stock	1 1/4 pints

Crushed garlic cloves	3
Thick noodles	6 oz
Salt and freshly ground pepper	to taste
Unsalted butter	2 oz
Finely sliced large onions	2
Chopped dill	small bunch

Servings: 12 people

Meatballs:

Ground lean lamb	14 oz
Ground almonds	3/4 cup
Paprika	1 tsp
Salt and freshly ground pepper	to taste
Butter	2 oz
Semolina	optional, as needed

Soup:

Plain yogurt	1 quart
Egg yolks	4
Flour	2 tbs
Lamb or chicken stock	1 1/2 pints
Crushed garlic cloves	4
Thick noodles	7 oz
Salt and freshly ground pepper	to taste
Unsalted butter	2 oz
Finely sliced large onion	2-3
Chopped dill	small bunch

TOOLS:

Bowl
Wooden spoon
Pepper mill
Frying pans
Spatula
Saucepan
Whisk
Chef's knife
Cutting board
Garlic press

INFO:

Turks frequently add yogurt to their soups, as they especially enjoy the light sour tang that it imparts. This dish is similar to a soup recipe originally published back in 1259. Whether the dish will actually bring one "closer to God," as the author of that thirteenth century cookbook predicted, is not known.

TIME:

prep time : 01:00
cook time : 00:30

PREPARATION:**Prepare the meatballs:**

Combine the minced meat, almonds and paprika in a bowl. Season to taste with salt and freshly ground pepper. Mix well. (For more tender meatballs, add some semolina). Form very small meatballs. Fry in hot butter for 2-3 minutes. Remove the meatballs.

Prepare the soup:

In a saucepan, whisk together the yogurt, egg yolks and flour. Place the saucepan over low heat and slowly bring to a simmer. While the yogurt is coming to a simmer, gradually mix in the stock. Add the garlic. Turn the heat to medium and add the noodles. Season to taste with salt and freshly ground pepper. Cook until the noodles are tender.

While the soup is cooking, sweat the onion slices in unsalted butter. Add the onion and meatballs to the soup. Simmer until the meatballs are warmed through. Sprinkle with chopped dill and serve.