

TURKISH YOGHURT & RICE SOUP

In its most simple form, this is a yoghurt soup that's thickened with rice. In the traditional version, chickpeas are incorporated into the soup - I've turned them into a golden topping instead, brightened with kale and chilli. I get really excited about reworking simple ingredients for new pleasures. The components of this dish are humble and modest but each finds new potential in this recipe, and thus new opportunity for diner pleasure.



Makes: 4-6 hearty bowls

Time: 1 hour 30 minutes



INGREDIENTS

1 garlic clove
120 grams (4 oz) onion, cut into halves
1 tbsp Vegetable stock paste (see Tips)
800 grams (28 oz) water
80 grams (3 oz) medium grain rice
300 grams (10.5 oz) Greek yoghurt
1 egg
salt, to taste
freshly ground pepper, to taste
30 grams (1 oz) butter
200 grams (7 oz) canned chickpeas (400 gram / (14 oz) tin, rinsed and drained)
1 tbsp dried chilli flakes
3 stalks kale, stalks removed, finely chopped



METHOD

1. Place garlic into mixing bowl and **chop 2 sec/speed 9**.
2. Add onion and chop **1 sec/speed 8**.
3. Add stock and water. Place rice into steamer basket and set in place. Cook **15 min/100°C (212°F)/speed 4**. Remove steamer basket with aid of spatula and set aside.
4. Add yoghurt, then mix **30 sec/speed 3**, adding egg through hole in mixing bowl lid, until combined.
5. Cook **4 min/Varoma/speed 2**, until slightly thickened.
6. Add salt, pepper and cooked rice and cook **3 min/100°C (212°F)/speed 3**. Transfer into a thermal serving bowl or other large bowl and cover to keep warm.
7. Place a frying pan over medium-high heat and add butter. Once butter is foaming, add chickpeas, chilli flakes and kale and fry until chickpeas are a little crisp.
8. Transfer soup into small cups and sprinkle with chickpea mixture. Serve warm.



...continued



Tips

- Please refer to The Basic Cookbook or Everyday Cookbook for the Vegetable stock paste recipe.
- The yoghurt soup can also be a sauce for grilled meats or vegetables.
- Serve larger bowls for entrée.
- Replace kale with silverbeet.

Variations

- The yoghurt soup can also be a sauce for grilled meats or vegetables.
- Replace kale with silverbeet.
- Luxe the dish up by serving it with crab, prawns or lobster - grilled, buttered shellfish works so beautifully with the yayla corbasi.
- It's also great with grilled, crumbled chorizo - you can cook the chickpeas with chorizo and leave out the chilli flakes. The combination of flavours is SO good, with the deep spiciness of chorizo threading through the creamy subtle tones of the soup.

TURKISH YOGHURT & RICE SOUP



Makes: 4-6 hearty bowls



SHOPPING LIST:

- Garlic clove (1)
- Onion (120 grams / 4 oz)
- Vegetable stock paste (1 tbsp)
- Medium grain rice (80 grams / 3 oz)
- Greek yoghurt (300 grams / 10.5 oz)
- 1 egg
- Salt
- Ground pepper
- Butter (30 grams / 1 oz)
- Chickpeas, canned (400 gram / 14 oz)
- Dried chilli flakes (1 tbsp)
- Kale (3 stalks)



NOTES: