

Sour Vegetable Soup with Leek

Traditional Turkish sour vegetable soup with leek, carrots, and barley in a creamy yogurt broth. Ready in 20 minutes - perfect comfort food!

5 min

PREP

15 min

COOK

20 min

TOTAL

4

SERVINGS

Medium

DIFFICULTY

Sour Vegetable Soup with Leek

Ingredients

- 1 sprig leek
- 1 carrot
- 0.5 cup orzo
- 1 tbsp flour
- 1 egg
- 2 tbsp plain yogurt
- 0.5 lemon
- 1 tbsp butter

Instructions

- 1 Prepare the vegetables**

Clean and trim 1 large leek, using only the white and light green parts. Slice it into thin rounds, about 1/4 inch thick. Peel and grate 1 large carrot using the large holes of a box grater.
- 2 Sauté the base**

Heat 2 tablespoons butter in a large saucepan over medium heat until melted and foaming, about 1-2 minutes. Add the sliced leek and grated carrot.
- 3 Cook the vegetables, stirring frequently, until the leeks are soft and translucent and the carrots are slightly tender, about 4-5 minutes. Add 1/2 cup barley pasta and stir to coat with the butter.**
- 4 Pour in 4 cups water and bring to a rolling boil over high heat. Once boiling, reduce heat to medium-low and simmer for 10-12 minutes until the barley is tender when tested with a fork.**
- 5 Prepare the yogurt mixture**

In a medium bowl, whisk together 1/2 cup plain yogurt, 1 large egg, 1 tablespoon flour, and 2 tablespoons fresh lemon juice until completely smooth with no lumps.
- 6 Temper the yogurt mixture by slowly ladling 1/2 cup of the hot soup into the bowl while whisking constantly. Add another 1/2 cup of hot soup, continuing to whisk vigorously to prevent the egg from scrambling.**
- 7 Finish the soup**

Reduce the heat under the saucepan to low. Slowly pour the tempered yogurt mixture back into the soup while stirring constantly with a

wooden spoon.

- 8 Simmer gently for 3-4 minutes, stirring occasionally, until the soup is heated through and slightly thickened. Season with salt and freshly ground black pepper to taste before serving.

Tips

Slice leeks just before cooking to prevent them from oxidizing and developing a bitter taste. Always wash sliced leeks thoroughly in cold water to remove any trapped soil between the layers.

When tempering the yogurt mixture, add only one ladle of hot soup at a time while whisking constantly. This gradual temperature increase prevents the proteins from coagulating and creating lumpy texture.

Use room temperature yogurt for easier tempering - cold yogurt straight from the refrigerator is more likely to curdle when hot liquid is added.

Toast the vegetables in butter until they're just softened but not browned. This develops their natural sweetness without adding bitter caramelized flavors that can overpower the delicate soup.

Keep the soup at a gentle simmer after adding the yogurt mixture - vigorous boiling will cause the dairy to separate and create an unappetizing appearance.

Fresh lemon juice is essential for the proper tang - bottled lemon juice lacks the bright acidity needed to balance the rich yogurt base.

If the soup becomes too thick upon standing, thin it with warm vegetable or chicken broth rather than water to maintain the rich flavor profile.