

# Yoghurt Soup

Authentic Turkish Yoghurt Soup (Yayla Çorbası?) - creamy, tangy comfort soup with rice, herbs, and yogurt. Easy homemade recipe with step-by-step guide.

10 min

PREP

1h

COOK

1h 10min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

## Yoghurt Soup

## Ingredients

- 3 tbsp rice
- 1 tbsp flour
- 1 tbsp butter
- 1 cup plain yogurt
- 1 tbsp dry mint
- 1 tbsp salt
- 4 cup water

## Instructions

- 1 Prepare the rice base**

Rinse 3 tablespoons of rice under cold water until the water runs clear, about 1-2 minutes. Bring 4 cups of water to a rolling boil in a large pot over high heat.
- 2** Add the rinsed rice to the boiling water and cook for 15-20 minutes until the grains are tender but still hold their shape. Keep the rice in the cooking liquid and reduce heat to medium-low.
- 3 Make the yogurt mixture**

Whisk 1 cup of yogurt and 1 tablespoon of flour together in a large bowl until completely smooth with no lumps remaining, about 1-2 minutes of vigorous whisking.
- 4 Temper the yogurt**

Ladle 1/2 cup of the hot rice cooking liquid into the yogurt mixture while whisking constantly to prevent the yogurt from curdling.
- 5** Continue adding the hot liquid gradually, one ladle at a time, whisking continuously until you've added about 2 cups total and the mixture is warm to the touch.
- 6 Combine and simmer**

Slowly pour the tempered yogurt mixture back into the pot with the rice, stirring constantly with a wooden spoon to prevent separation.
- 7** Simmer the soup gently for 10-15 minutes, stirring frequently, until it thickens slightly and coats the back of a spoon. Never let it boil or the yogurt will curdle.

**8 Make the mint oil**

Heat 1 tablespoon of olive oil in a small pan over medium heat. Add 1 tablespoon of dried mint and cook for 30-45 seconds until fragrant and the oil sizzles gently.

**9 Finish the soup**

Remove the soup from heat and season with salt and pepper to taste. Stir in the hot mint oil mixture and let rest for 2-3 minutes to allow the flavors to blend.

**10** Serve immediately in warm bowls while the soup is hot, garnished with additional fresh mint if desired.

## Tips

Use full-fat, plain yogurt for the richest, creamiest texture and most authentic flavor - low-fat versions may result in a thinner consistency.

Strain your yogurt through cheesecloth for 30 minutes before using to remove excess whey and achieve the thick consistency traditional to Turkish cuisine.

Always temper your yogurt mixture by gradually adding hot broth while whisking constantly - this prevents curdling and ensures a smooth, velvety soup.

Cook rice until just tender but not mushy, as overcooked rice will make the soup too thick and starchy.

Keep the heat at medium-low once the yogurt mixture is added to prevent boiling, which can cause separation and curdling.

Use fresh mint whenever possible for the most aromatic flavor, but if using dried mint, bloom it briefly in warm butter or oil first.

Add a splash of fresh lemon juice just before serving to brighten the flavors and enhance the natural tanginess of the yogurt.

Taste and adjust seasoning at the end, as the yogurt's saltiness can vary between brands and the rice will absorb some seasoning during cooking.