

Beyran Soup

Traditional Turkish Beyran Soup recipe from Gaziantep. Rich lamb and rice soup with garlic and spices. Perfect winter comfort food with immune-boosting properties.

20 min

PREP

1h

COOK

1h 20min

TOTAL

4

SERVINGS

Medium

DIFFICULTY

Ingredients

- 2.2 lb lamb
- 1 tsp salt
- 9 clove garlic
- 1 tbsp chili flakes
- 2 tsp rice
- 1 tsp black pepper
- 1 tbsp butter
- 2 tbsp tomato paste

Instructions

1 Cook the lamb

Place 2.2 lbs lamb in a large pot and cover with cold water by 2 inches. Bring to a boil over high heat, then reduce to medium-low and simmer for 45-60 minutes until the meat is fork-tender and easily shreds.

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- Remove the lamb from the pot and set aside to cool. Strain the cooking liquid through a fine-mesh sieve into a bowl, discarding solids. Reserve 4-5 cups of this broth.

3 Prepare the ingredients

Shred the cooled lamb into bite-sized pieces using two forks. Mince 9 garlic cloves finely. Set both aside.

4 Build the soup base

Heat 1 tablespoon oil in the same pot over medium heat. Add the minced garlic and cook for 30-60 seconds until fragrant but not browned.

- 5 Add the shredded lamb to the pot and stir to combine with the garlic. Pour in the reserved broth and bring to a boil over high heat.
- 6 Add 2 tablespoons rice, 2 teaspoons salt, 1 teaspoon black pepper, and 1 tablespoon spice blend. Reduce heat to medium-low and simmer for 15-20 minutes until the rice is tender and the soup has thickened slightly.
- 7 **Finish and serve**
Taste and adjust seasoning with additional salt and pepper as needed. Ladle into bowls and serve immediately while hot.

Tips

Use lamb shoulder or leg meat for the most authentic flavor and tender texture. These cuts contain enough fat and connective tissue to create a rich, flavorful broth.

Don't skip the initial salting and cooking of the meat separately. This step ensures the meat is properly seasoned and creates a clean, flavorful base broth for the soup.

Crush the garlic cloves with the flat side of a knife before mincing to release maximum flavor and aromatic compounds.

Add the rice gradually and stir gently to prevent it from sticking to the bottom of the pot or becoming mushy.

Taste and adjust seasoning at the end of cooking, as the flavors will have developed and concentrated during the cooking process.

For the best texture, serve immediately after cooking. If preparing ahead, slightly undercook the rice as it will continue cooking in the hot broth.

Garnish with fresh minced garlic just before serving for an extra punch of flavor and authentic presentation.

Keep the soup at a gentle simmer rather than a rolling boil to prevent the meat from becoming tough and the rice from breaking apart.