

Tarhana Soup

Authentic Turkish tarhana soup recipe with yogurt and vegetables. This hearty, healthy soup is perfect for cold days and packed with probiotics.

20 min

PREP

30 min

COOK

50 min

TOTAL

4

SERVINGS

Medium

DIFFICULTY

Ingredients

- 1 tbsp basil
- 1 capia pepper
- 0.5 tbsp pepper paste
- 0.5 tbsp tomato paste
- 1 tbsp dry mint
- 1 tbsp butter
- 2 tbsp olive oil
- 8 cup water
- 1 cup plain yogurt
- 4 pcs turkish tarhana

Instructions

1 Prepare the base

Heat 1 tablespoon olive oil in a large pot over medium heat. Add 1 finely chopped onion and cook until soft and translucent, about 4-5 minutes, stirring occasionally.

2 Add 0.5 tablespoon tomato paste to the pot and cook for 1-2 minutes, stirring constantly, until it darkens slightly and becomes fragrant.

3 Stir in 0.5 tablespoon tarhana powder and cook for 30 seconds to toast it lightly. Gradually add 8 cups water while whisking constantly to prevent lumps from forming.

4 Simmer the soup

Bring the mixture to a boil over high heat, then reduce heat to medium-low and simmer for 15-20 minutes,

stirring occasionally, until the tarhana is completely dissolved and the soup has thickened slightly.

5 **Add yogurt**

In a small bowl, whisk 1 cup yogurt until smooth. Slowly add 2-3 tablespoons of hot soup to the yogurt, whisking constantly to temper it and prevent curdling.

6 Pour the tempered yogurt mixture back into the pot while stirring continuously. Simmer gently for 3-4 minutes until heated through, but do not boil or the yogurt will curdle.

7 **Make the herb oil**

Heat 1 tablespoon butter and 2 tablespoons olive oil in a small pan over medium heat. Add 1 tablespoon dried mint and 1 tablespoon paprika, stirring for 30 seconds until fragrant.

8 **Serve**

Season the soup with salt and pepper to taste. Ladle into 4 bowls and drizzle each serving with the herb oil. Serve immediately while hot.

Tips

Gradually whisk in hot soup liquid to the yogurt to prevent curdling - never add cold yogurt directly to boiling soup.

For the smoothest texture, strain the tarhana mixture through a fine-mesh sieve after initial mixing to remove any lumps.

Toast the tomato paste in oil until it darkens slightly for deeper, richer flavor in your finishing sauce.

Adjust the soup consistency with additional warm water or broth if it becomes too thick during cooking.

Fresh or dried mint works well, but add dried herbs at the end to preserve their flavor and prevent bitterness.

Let the soup rest for 5 minutes after cooking to allow flavors to meld before serving.

Store leftover soup in the refrigerator and reheat gently, adding liquid as needed since it will thicken when cold.

For extra richness, drizzle each serving with good quality olive oil and a sprinkle of paprika or sumac.