

# Tripe Soup

Traditional Turkish Tripe Soup (İşkembe Çorbası) - a warming, nourishing soup perfect for cold days. Easy recipe with step-by-step instructions.

10 min

PREP

40 min

COOK

50 min

TOTAL

4

SERVINGS

Hard

DIFFICULTY

## Ingredients

- 1.1 lb tripe
- 0.5 tbsp butter
- 0.5 tbsp flour
- 7 cup water
- 3 clove garlic
- 0.5 fresh lemon juice
- 0.5 tbsp chili flakes
- 0.5 tbsp salt

## Instructions

### 1 Prepare the tripe

Rinse 1.10 lb beef tripe under cold running water. Using a sharp knife, scrape away any excess fat, membrane, or dark spots until the surface is clean and pale. Cut the tripe into 2-inch strips.

### 2 Cook the tripe

Place the tripe strips in a large pot and cover with water by 2 inches. Bring to a boil over high heat, then reduce to medium-low and simmer for 45-60 minutes until the tripe is tender when pierced with a fork. Drain and reserve 1 cup of the cooking liquid.

### 3 Start the soup base

Cut the cooked tripe into thin 1/4-inch strips. In a large soup pot, combine the sliced tripe, 7 cups water, the reserved 1 cup cooking liquid, and 3 minced garlic cloves. Bring to a gentle simmer over medium heat.

#### 4 **Make the thickening mixture**

In a small bowl, whisk 0.50 tbsp flour with 1/4 cup cold water until completely smooth with no lumps. Gradually whisk in 1/2 cup of the hot soup broth to temper the mixture.

#### 5 **Thicken the soup**

Slowly pour the flour mixture into the simmering soup while stirring constantly with a wooden spoon. Continue simmering for 8-10 minutes until the soup thickens slightly and coats the back of a spoon. Season with 0.50 tsp salt.

#### 6 **Prepare the paprika oil**

Heat 0.50 tbsp oil in a small skillet over medium heat until shimmering, about 1 minute. Add 0.50 tbsp paprika and stir constantly for 20-30 seconds until fragrant and the oil turns red. Remove from heat immediately.

7 Ladle the hot soup into bowls and drizzle each serving with the paprika oil. Serve immediately with lemon wedges and vinegar on the side for individual seasoning.

## Tips

Clean tripe thoroughly under cold running water and scrape away any excess fat or membrane with a sharp knife for the best texture and flavor.

Using a pressure cooker significantly reduces cooking time while ensuring the tripe becomes perfectly tender - aim for 45-60 minutes under pressure.

When mixing flour with water, use cool water first to create a smooth paste, then gradually add warm broth to prevent lumping.

Add the flour mixture slowly to the soup while stirring constantly to avoid creating lumps that can spoil the smooth consistency.

Prepare the paprika oil garnish just before serving to maintain its vibrant color and fresh flavor - don't let it burn or it will become bitter.

Crush fresh garlic just before serving rather than pre-mincing it to preserve its pungent flavor and aromatic oils.

Serve the soup immediately while hot, as it tends to thicken as it cools and may require thinning when reheated.

Taste and adjust seasoning at the end of cooking, as the flavors concentrate during the long simmering process.