

Pancar - Karabu?day Çorbas?

Traditional Turkish buckwheat beetroot soup with earthy flavors and vibrant color. A nutritious vegetarian comfort food perfect for any season.

15	65	80	4	Medium
HAZIRLIK DK	PI?IRME DK	TOPLAM DK	PORSIYON	ZORLUK

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Malzemeler

- 180 g buckwheat
- 1 tbsp olive oil
- 1 onion
- 800 g beet
- 500 g vegetable broth
- 400 g tomato
- 1 pinch rosemary
- 1 pinch salt
- 1 pinch black pepper

Yap?l???

- Prepare the buckwheat**

Rinse 180g buckwheat in a fine-mesh strainer under cold running water until the water runs clear. Bring 500ml water to a boil in a medium saucepan over high heat, then add the rinsed buckwheat.
- Reduce heat to low, cover the saucepan, and simmer for 15-18 minutes until the buckwheat is tender and has absorbed most of the water. Remove from heat and set aside.**
- Start the soup base**

Heat 1 tablespoon olive oil in a large heavy-bottomed pot over medium heat. Add 1 diced onion and cook for 4-5 minutes, stirring occasionally, until softened and translucent.
- Add 800g peeled and diced beetroot to the pot. Stir to combine with the onions and cook for 2-3 minutes until the beetroot begins to release its juices.**
- Pour in enough water to cover the beetroot by about 2cm (approximately 800ml-1L). Bring to a boil over high heat, then reduce heat to medium-low and simmer covered for 35-40 minutes until the beetroot is fork-tender.**
- Add 500g diced tomatoes to the pot and cook for 5 minutes until they start to break down and release their juices. Season with 1 pinch salt, 1 pinch black pepper, and 1 pinch of your preferred spices.**
- Blend the soup**

Remove the pot from heat and carefully blend the mixture using an immersion blender until completely smooth, or transfer in batches to a

regular blender and blend until smooth, then return to the pot.

- 8 Stir in the cooked buckwheat and return the pot to medium heat. Simmer for 3-4 minutes to heat through and allow the flavors to meld. Taste and adjust seasoning with additional salt and pepper as needed before serving.

?puçlar?

Rinse buckwheat thoroughly before cooking to remove any bitter compounds and achieve the cleanest flavor.

Roast fresh beetroot wrapped in foil at 200°C for 45-60 minutes for deeper, more concentrated flavor than boiled beetroot.

Strain the soup through a fine mesh sieve after blending for the silkiest texture, pressing the solids to extract maximum flavor.

Add the tomatoes near the end of cooking to maintain their bright acidity and prevent them from breaking down completely.

Taste and adjust seasoning after blending, as pureed soups often need more salt and spices than you initially think.

Make a double batch and freeze portions in ice cube trays for convenient single servings that reheat quickly.

Garnish with a swirl of good olive oil, fresh herbs, or toasted seeds just before serving for added texture and visual appeal.