

Kishk Soup with Garlic

a recipe from www.maureenabood.com

This is a very simple and versatile soup that is thick and nourishing. Kishk powder always contains salt, so little to no seasoning is necessary beyond that. If garlic isn't your thing, all is not lost—use lots of onion instead. The meat is also optional, and can be simple ground lamb or beef, or use cooked kibbeh balls, adding them after the kishk is added to the pot. Do eat the kishk with good flatbread or pita. The quantity is easily adjusted using a ratio of 3:1, water to kishk. Serves 2.

3 tablespoons butter or olive oil
6 garlic cloves, green germ removed and minced
½ pound ground lamb or lean ground beef (optional)
1 cup kishk powder
Dried mint or parsley (for garnish)

In a medium saucepan over medium heat, melt the butter or heat the oil. Lower the heat and add the garlic, cooking just long enough to release the scent without browning it. Add the meat and increase the heat to medium, stirring constantly to break up and brown the meat.

Add three cups of water to the pot. Gradually whisk in the kishk powder, a little at a time. Cook over medium-low heat until the mixture is thick, 5-10 minutes. Ladle into warm soup bowls and garnish with crushed dried mint. Serve with flatbread or pita.