

YOGURT  
barley  
SOUP  
(tanabour)



# YOGURT-BARLEY SOUP (Tanabour)

- 1 | Melt ghee or butter over medium heat in a soup pot. Sauté onions until soft and translucent, about 10 minutes, stirring frequently. Just as they start to brown and caramelize, remove from the pan and set aside.
- 2 | Add broth to same pot along with barley. Bring to a boil then reduce to a simmer, cover and cook until barley is tender (30-40 minutes).
- 3 | While barley is cooking, beat one egg well (if using) and mix with yogurt. When barley is cooked and tender add a tablespoon or two of hot liquid to yogurt mixture to temper. Slowly incorporate all the tempered yogurt into the barley. Stir in fresh herbs and serve warm or room temperature.
- 4 | Top with your choice of garnishes.

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## HEALTH TIPS

A traditional Armenian remedy, usually given to quicken the recovery process from ailments.

Yogurt provides a healthy amount of “good” bacteria in the digestive tract, a dose of animal protein plus calcium, vitamin B-2, B-12 and potassium. Helps the immune system fight infections as well as promote bone formation.

Barley contains the highest amounts of Beta-Glucan and Tocotrienol (a special quasi form of Vitamin E) that claims to cure many infectious diseases.



## *Serves four as a starter*

- 1 Tbsp. ghee or butter
- 1/2 cup onion, chopped fine or minced
- 4 cups broth (your choice)
- 1/2 cup barley
- 1-1/2 cups whole milk yogurt
- 1 egg (optional, see pantry tip below)
- 2 Tbsp. fresh mint, finely chopped
- 3 Tbsp. fresh flat leaf parsley, finely chopped
- Salt and fresh ground pepper to taste
- Garnishes: more fresh parsley and/or mint, toasted pine nuts, crispy fried shallots

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## PANTRY TIPS

Substitute short grain brown rice or farro if gluten intolerant. Egg is optional, it adds flavor and protein but when omitted is much lighter in taste.

This soup is a great starter, refreshing in warm weather, soothing when its cold. Can be served hot, cold or room temp and can even be used as a side dish or topping to a hearty meat or vegetable dish.



# SOCCA flatbread



# SOCCA FLATBREAD

- 1 | Preheat the oven to 475° and place a 12-inch cast iron skillet inside to heat while you make the batter.
- 2 | In a medium bowl, add all ingredients and whisk until smooth. Cover and set aside to rest for at least 30 minutes (you can also make ahead and leave covered at room temperature overnight to allow for slight fermentation).
- 3 | Remove the hot skillet from the oven and add remaining oil, making sure to coat the skillet well. Pour the batter into the skillet (do not stir) and bake for 17-20 minutes or until crisp and well browned around the edges. Make sure it is fully cooked.
- 4 | Once cooked, remove and let cool just long enough to easily remove with a spatula. Turn upside down to cutting board and slice into wedges and serve warm or at room temperature.

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## HEALTH TIP

This garbanzo flour flatbread originates from France. Naturally gluten-free, low glycemic, a punch of protein and nutrients. We also use rice flour as it gives a lightness and lovely flavor.

Great for those who are vegan and gluten free. It contains vitamins and minerals such as iron, Vitamin B-6 and Magnesium. Chickpeas are high in protein, help reduce blood pressure and cholesterol, controls blood sugar (insulin) and provides fiber. It contains the three of the six tastes (astringent, sweet and bitter).



## Serves ??

- 3/4 cup garbanzo (chickpea) flour
- 1/4 cup rice flour
- 1 cup water
- 2-3 Tbsp. olive oil, melted ghee or coconut oil  
(1 Tbsp. for batter; 1-2 Tbsp. in pan)
- 1 tsp. Seasoning Sprinkle  
(Asian, Mediterranean or French) or herbs of choice
- 1/4 tsp. salt

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## Variations

Serve as a pizza crust by adding cheese and toppings, then broiling until cheese is melted and toppings are heated through.

Serve wedges with dips, or as a side to soups and salad.

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## PANTRY TIPS

Batter can be made ahead to allow for fermentation but also keeps nicely if refrigerated for up to 2 days. Just be sure to shake or stir well before cooking.

When re-heating, heat a seasoned cast iron skillet or non-stick pan over medium low heat to maintain a nice texture.