

Hasa Laban ma' Rizz
(Arabic Yogurt Soup)

Yogurt soup can be served in a variety of ways; hot or cold, sweet or spicy. No matter how it is made, it is a refreshing soup, particularly when it is served cold in the summer. This recipe is from Iraq.

Ingredients

1/2 cup rice
board
5 cups yogurt
2 cups water
2 garlic cloves
1 cup fresh mint
salt
black pepper

Utensils

knife and cutting
measuring cup
strainer
cookpot

This dish is seasoned to taste. Peel and crush the garlic into small bits. Finely chop the mint. Rinse the rice in the strainer. The dish can be prepared up to this point in advance. Place the rice and water in the cookpot. Cook the rice on the stove over medium heat until the rice is cooked but still firm. Remove the cookpot from the stove and gradually add the yogurt, garlic, salt, and pepper while constantly stirring the soup. Return the cookpot to the stove and bring to a boil over medium heat. Stir the soup constantly while heating it. As soon as the soup boils, remove it from the stove. Just before serving, stir in the mint. If serving the soup cold, it can be made in advance of the meal and stored in the refrigerator.