Tanabour (Armenian Yogurt and Barley Soup) serves 6

This silky soup is also known as "spas". Cracked wheat or other grains can be used instead of barley. You can also bulk up this soup with lentils or meatballs.



Ingredients:
4 tablespoons butter, divided
1 onion, finely chopped
1 teaspoon dried mint
1 teaspoon salt
½ teaspoon pepper
Pinch baking soda
¾ cup pearled barley
4 cups chicken broth (or vegetable broth or water)
2 cups water
1 ½ cups plain Greek yogurt
1 large egg yolk
¼ cup chopped fresh cilantro, divided
1 teaspoon ground dried Aleppo pepper (or 1 teaspoon paprika + pinch of cayenne)

Directions:
Melt 2 tablespoons butter in large saucepan over medium heat. Add onion, mint, salt, pepper and baking soda. Cook, stirring occasionally, until onion has broken down into soft paste and is just starting to stick to saucepan, about 6-8 minutes.

Stir in barley. Cook, stirring frequently, until grains are translucent around edges, about 3 minutes.

Add broth and water. Increase heat to high and bring to a boil. Adjust heat to maintain gentle simmer; cook, partially covered, until barley is very tender, 50 minutes to 1 hour, stirring occasionally.

Meanwhile, whisk yogurt and egg yolk together in a large bowl.

Remove saucepan from heat. Whisking vigorously, gradually add 2 cups barley mixture to yogurt mixture. Then, add yogurt-barley mixture back to saucepan. Cover and let it sit for 10 minutes to thicken.

Heat soup over medium heat, stirring occasionally until temperature rises to 180-185 degrees F. (Do not allow soup to boil or yogurt will curdle.)

Remove from heat. Stir in 2 tablespoons of cilantro and season with salt to taste.

Melt remaining 2 tablespoons butter in small pan over medium-high heat. Take off the heat, and stir in Aleppo pepper.

Ladle coup into bowls, drizzle each portion with 1 teaspoon spiced butter. Garnish with remaining chopped cilantro and serve.

Enjoy!

Burnaby Neighbourhood House

adapted from recipe in *Cooks Illustrated*