



SPAS

Armenian Yogurt Soup

This soup, sometimes called tahnabour or madzoon about, is classic Armenian cuisine. It's made with yogurt and wheat grain (dzedzadz is the name of the Armenian grain) and seasoned with mint or cilantro. In a

mountainous country with harsh winters, most rural homes keep their cupboards well-stocked with dried buttermilk and grains. Making spas makes sense—it's an ancient comfort food.

1 cup of wheat groats

1 liter of yogurt ("MATSUN" in Armenian) (use Bulgarian or Greek for best result)

200 grams of sour cream

50 grams of butter

greenery: coriander and dried mint

1 egg

wheat flour - 1 full tablespoon

cold water - 1,5 liters + 300 ml (1.8 liters total)

Rinse the groats and soak in cold water for 1-2 hours

Beat egg with the groats and gradually add flour

Continue to beat until a homogeneous mass without lumps

Then add the yoghurt and sour cream and beat again

Add cold water - 1.5 times more than the yoghurt and sour cream (1.5 lt. for matsun + 0.300 lt for sour cream = total 1.8 liter)

Put on medium heat and stirring constantly bring to a boil adding butter

After boiling, you can stop stirring, and bring down the flame

Cook on low heat until it is well done (groats are tender and all flavors blend) and turn off the heat

Add chopped 2 table spoons of green coriander and 1 tea spoon of shredded dried mint

* If desired, Before boiling, you can add finely chopped and fried in butter onion

Density of SPAS is determined by the amount of groats and flour that can be easily adjusted during cooking