Ayran soup (cracked wheat and yogurt soup, Mersin)

Serves 4

Ingredients

1 kg	Yogurt 4¾ glass
100 g	Black-eyed peas (loğlaz)
100 g	Swiss chard
100 g	Chickpeas ½ glass
150 g	Pounded wheat (dehulled wheat berries) 1 glass
10 g	Dill 1¼ glass
100 g	Butter ½ glass
507 g	Beef bone stock 2½ glass
5 g	Dried oregano 5 tsp
5 g	Dried spearmint 3 tbsp
5 g	Salt ¾ tsp
250 g	Water 1¼ glass

Allergens

Allergen information is not complete yet. Worked out from the ingredients. It does not cover contact in your kitchen.

Method

1. Soak the pounded wheat in cold water the evening before.
2. The next day cook it in its soaking water, checking often so the pot does not scorch.
3. When the wheat is very soft, add the washed and coarsely chopped chard and the stock, and cook ten more minutes.
   10 min
4. Once the mixture cools and sets, loosen the yogurt with water and salt to make ayran and thin the wheat with it to a thick soup.
5. Stir in the chickpeas and black-eyed peas you boiled beforehand and the washed, chopped dill.
6. Heat the thyme and mint in the butter, drizzle it over the soup and serve.

Last changed: November 1, 2026
Öktem, Ş., Turizm Sektöründe Standart Reçetelerin Önemi Kapsamında Bir Çalışma: Mersin Yöresel Yemekleri
tatname.com/en/tarif/ayran-corbasi-mersin-oktem-standart-recete