Wheat berry and yogurt soup with squash

Whole recipe

Ingredients

1 kg	Pounded wheat (dehulled wheat berries) 6¼ glass
1 kg	Zucchini 5 pc
1 kg	Yogurt 4¾ glass
18.3 g	Salt 1 tbsp

Allergens

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

Method

1. The day before, leave the wheat berries to soak in salted water.
2. Tip the wheat berries into boiling water and cook until soft. Ten minutes before you take the pot off the stove, stir in the chopped squash.
3. Mix the squash thoroughly into the wheat berries with a spoon. Whisk the yogurt until it is thin enough to drink and pour it over the mixture. Serve lukewarm.

Last changed: November 1, 2026
T.C. Osmaniye Valiliği İl Kültür ve Turizm Müdürlüğü (Gül İnce), Osmaniye Yemekleri (2017)
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