

Iranian Onion Soup

Malihe Zarif

Ingredients (serves 4)

- 50 gr butter
- 3 medium onions, thinly sliced
- 1 oz flour
- 3 pints water
- salt & pepper
- 1 table spoon turmeric
- juice of 2 limes or lemons
- 2 table spoons sugar
- 1 tbsp dried mint
- ½ tsp cinnamon
- 2 eggs, lightly beaten
- bowl of fresh herbs to garnish: parsley, chives,
- mint, basil, coriander

Directions

1. Melt the butter and gently stir fry the onions until they flop and begin to turn golden brown.
2. Stir the flour into the onions, stirring, and let it bubble away for a few seconds.
3. Stir in a little of the water to make a smooth cream of the flour then gradually stir in the remaining water.
4. Bring slowly to the boil. Reduce heat to very low and simmer, covered, for 30 minutes.
5. Stir in the lime or lemon juice and the sugar and simmer for 10 minutes more. Stir in the cinnamon and dried mint and remove from heat.
6. Mix a little of the hot soup into the eggs, then stir the mixture into the soup.
7. Serve with some flat bread and a bowl of fresh herbs.

