



JERNEJ KITCHEN

FLOUR SOUP (STOMACH ACHE SOUP)

Flour soup (Prezganka) is a soup we cook when we have digestion problems or stomach aches. This a simple, beginner-friendly recipe.

SERVES 4 PEOPLE
PREPARATION: 20 MINUTES

FLOUR SOUP

- 3 tbsp butter or lard
- 2 1/2 tbsp all-purpose flour
- 1/2 diced garlic clove
- 1/2 tsp ground cumin
- 1 litre (4 cups) water
- 1 bay leaf
- 1 egg (optional)
- 1 tsp chopped parsley, optional

TOOLS AND EQUIPEMENT

- pot
- spoon

COOK THE FLOUR

Place a small pot over medium heat. Add butter or lard. When it melts, add the flour. While occasionally stirring, cook the flour on low heat for about 6 - 8 minutes or until cooked and beige. Be careful not to burn the flour.

SEASON THE SOUP

Add minced garlic and cumin to the flour. Cook for a couple of seconds over medium heat. While stirring, pour in about a quarter of the water. Stir and cook until the mixture becomes smooth and thick, then add the rest of the water and stir well. Add the bay leaf and bring it to a boil. Reduce the heat to low and cook for 10 minutes. Season to taste with salt and pepper.

TIP

[Omit the garlic and parsley if you have a tummy ache.](#)

OPTIONALLY ADD IN AN EGG

If you want to add an egg to the soup, you do that before seasoning the soup with salt and pepper. Beat an egg in a bowl. Bring the soup to a simmer. Using a spoon, create a whirlpool, then carefully drop the egg into the soup. Gently stir the egg and cook for 3 minutes or until the egg is cooked.

SERVE

Divide the soup between four plates and serve with fresh parsley, and croutons.