Breakfast / Türkiye

Turkish Çılbır

Poached eggs draped over cold garlicked yogurt and drowned in sizzling Aleppo-red butter — a 15th-century Ottoman dish that turns breakfast into theatre with its collision of cool, hot, bright, and smoky.

Time 20 min **Servings** 4

What you'll need.

- ☐ 200 g Full-fat Greek yogurt (room temperature)
- ☐ 1 clove Garlic clove, minced to a paste
- ☐ 3 g Fine salt
- ☐ 2 whole Large eggs (very fresh)
- ☐ 15 ml White wine vinegar (for poaching water)
- ☐ 40 g Unsalted butter
- ☐ 6 g Aleppo pepper (pul biber)
- ☐ 5 g Fresh dill fronds

Let's make it.

01 Mince the garlic to a smooth paste with the flat of a knife and a pinch of salt — chop, then smear and drag the blade repeatedly until no chunks remain. Stir it into the yogurt with the remaining salt. Beat until completely smooth. The yogurt must be at room temperature before serving — cold yogurt on hot eggs creates an unpleasant thermal shock and mutes the garlic. Spread it onto the plate now and let it temper while you poach the eggs.

02 Fill a wide saucepan with at least 8 cm of water. Add the white wine vinegar — the acid tightens the egg white around the yolk. Bring to just below a simmer: small bubbles rising from the bottom, surface barely trembling at 80–85°C. Crack each egg individually into a small cup. Create a gentle whirlpool in the water with a spoon. Slide one egg into the center of the whirlpool; the rotation wraps the white around the yolk. Cook 3–3.5 minutes for a runny yolk. Remove with a slotted spoon, blot the underside on a folded cloth, and place directly onto the yogurt.

03 In a small saucepan or butter warmer, melt the butter over medium heat until it foams. The moment the foam subsides and the butter turns a deep golden amber, remove from heat and immediately add the Aleppo pepper — it will sizzle and bloom in the hot fat. Swirl the pan. Work fast: the residual heat continues cooking the butter, and Aleppo scorches quickly. The butter should turn a vivid red-orange and smell smoky, sweet, and fragrant.

04 The eggs are already on the yogurt. Pour the sizzling Aleppo butter directly over the eggs and yogurt — it will pool and seep into the white yogurt, creating rivers of deep red. Scatter fresh dill fronds over everything. Serve immediately with warm flatbread or crusty white bread on the side for scooping. The temperature contrast is the whole point: cold yogurt beneath, hot egg above, sizzling butter cascading over.

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Servings are an estimate; check quantities in the source recipe.
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