

Mulligatawny Soup II



Rated: ★★★★★

Servings: 6

Submitted By: Michelle Chen

"A more traditional version of the Anglo-Indian invention, this Mulligatawny combines tamarind concentrate, lemon juice, coconut milk, red lentils, and fresh cilantro with lots of vegetables and exotic spices. A delicious and warming soup."

INGREDIENTS:

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| 1 tablespoon ghee (clarified butter), or vegetable oil | 1 tablespoon chopped fresh curry |
| 1 onion, chopped | 1 carrot, chopped |
| 4 cloves garlic, minced | 1 apple - peeled, cored, and chopped |
| 2 teaspoons grated fresh ginger | 1 large potato, peeled and diced |
| 2 green chile peppers, chopped | 1 cup Masoor dhal (red lentils), rinsed, drained |
| 1/4 teaspoon ground cinnamon | 8 cups chicken broth |
| 1/4 teaspoon ground cloves | 1 tablespoon tamarind concentrate |
| 2 teaspoons ground coriander seed | 1 tablespoon lemon juice |
| 1 1/2 teaspoons ground cumin | 2 cups coconut milk |
| 1 teaspoon ground turmeric | 2 tablespoons chopped fresh cilantro |
| 4 pods cardamom, bruised | |

DIRECTIONS:

1. Heat ghee or vegetable oil in large pan (use low heat); cook onion, garlic, ginger, chilies, spices and curry leaves, stirring, until onion is browned lightly and mixture is fragrant. Do not over brown the onion or else it will give the soup a burnt taste.
2. Add carrot, apple, potato, dhal, and chicken stock to pan; simmer, covered, for about 15 minutes or until vegetables are just tender. Discard cardamom pods and curry leaves.
3. Blend or process soup mixture, in batches, until pureed; return to pan. Add tamarind, lemon juice, coconut milk and fresh coriander leaves; stir until heated through.

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-- Angela Sackett



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