

Indian Mulligatawny Soup – Chef Anonymous

SERVES 6

4 T cup butter (or olive oil for vegan)
3 garlic cloves, minced
1½ cups yellow onion, thinly sliced
2 medium shallots chopped or an additional ½ cup onions
1 red jalapeno, seeded and finely diced (optional)
2½ tsp peeled and grated ginger root
2 small firm apples, peeled, cored and diced
1 (14.5 oz) can diced tomatoes
3 T tomato paste
½ tsp ground cinnamon
¼ tsp ground cloves
1 T curry powder (pick one you like, there are different degrees of heat)
½ tsp ground turmeric
2 tsp paprika
¼ tsp ground cardamom
1 tsp ground cumin
8 cups vegetable or chicken broth
1 can unsweetened coconut milk
Juice from one lime
Salt and black pepper to taste
1½ cups cooked rice
2 cups shredded cooked chicken (optional)
Roasted cashews for garnish
Chopped cilantro and/or scallions for garnish

1. In a food processor or blender, combine the garlic, shallots, and ginger and process to a paste (add a little oil to assist in blending). Set aside.
2. Melt the butter in a large pot or Dutch oven over medium-high heat. Add the onion and jalapeno, and saute for 4 to 5 minutes until the onions have softened.
3. Add the garlic paste, apples, and diced tomatoes to the pot. Saute for another 3-4 minutes.
4. Add in all of the spices, and stir to coat.
5. Stir in the tomato paste and broth. Turn the heat down to medium-low and simmer uncovered for 10 minutes.
6. Add the coconut milk, and cook until thickened slightly. (you can add a mix of cornstarch and water – about 1 T – if you want it thicker). If you want to eat right away, add the rice and chicken, if used. (The rice is mushy if you leave it in the soup too long.)
7. Remove from the heat, and add the lime juice.
8. Serve topped with cashew and scallions