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by Liz Robb

Recipe: Mulligatawny soup



Ingredients

1 onion
1 carrot
A stick of celery
1 parsnip
1 green chilli
A small piece of fresh ginger
2 cloves of garlic
1 potato
2 large ripe tomatoes
Olive oil
A heaped tablespoon of medium curry powder
1 teaspoon of ground cumin
1 teaspoon of coriander
1 teaspoon of turmeric
125g cooked beef mince
50g red lentils
700ml beef stock
500ml water
tomato puree
Salt and black pepper
1 small apple
150g cooked basmati rice
1 lemon

Servings
6
Person

Preparation

1 First prepare the vegetables. Peel and very finely chop the onion. Peel and very finely dice the carrot, parsnip and potato. Chop the celery into very small dice too. Deseed the chilli, peel the ginger and garlic and chop them all very finely.

2 Score the tomato skin, place in boiling water for a few minutes and then peel off the skin and chop into small pieces.

3 Saute the onion gently in a tablespoon of olive oil for 5 minutes, until soft but not browned. Add the curry powder, cumin, coriander and turmeric and saute for another 2-3 minutes then remove from the heat.

4 Meanwhile, heat 2 tablespoons of olive oil in a large saucepan and saute the celery and carrot for a few minutes, then add the parsnip, potato garlic and ginger and saute gently for a further 5 minutes. Then stir in the onion and spice mixture.

5 Add the cooked minced beef, the chopped tomatoes and a heaped teaspoon of tomato puree. Stir in the hot beef stock and the water and bring to a simmer. Rinse the lentils in cold water then stir them into the pan. too.

6 Peel, core and chop the apple into very small pieces and add them to the pan. Season well and simmer for 10 minutes, stirring occasionally.

7 Add the cooked rice, stir well and saute for another 10-15 minutes, or until all the vegetables are soft. Add 1-2 teaspoons of lemon juice, check the spicing and the seasoning, and adjust the thickness if necessary.

Cooks Note

This traditional British Indian soup is warming, tasty and full of goodness, being made from red lentils, a variety of vegetables, rice, beef and spices. This recipe is a good way to use up leftover cooked rice or beef [with the fat drained off], but, if not, just cook them whilst preparing and sauteing the vegetables.