

Mulligatawny Soup - Vegetarian

Saturday, 14 August 2010 17:20 - Last Updated Monday, 05 September 2011 15:59

courtesy : Mrs. Devi Krishnan



Mulligatawny Soup is mildly spicy. It is an invigorating, zesty soup. Pour into a bowl and serve or serve it with white rice and stir fried vegetables.

Ingredients:

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2 tablespoon cumin seeds
1 tablespoon black pepper
3 tomatoes;diced
3 cloves garlic;crushed with the skin on
5 or 6 coriander seeds
50gm tamarind pulp;mixed with 100ml water;strain
1/2 tablespoon tumeric powder
1 tablespoon oil
1/4 tablespoon mustard seeds
1 tablespoon fenugreek seeds
2 dried red chillies;tear into pieces
1 stalk curry leaves;stripped(20 leaves)
1 stalk coriander leaves;chopped
a pinch of asafoetida powder
salt to taste
400ml water (total water 500ml)
1 large onion;sliced

Method of preparation:

Put cumin seeds in a bowl. Pour some water and wash. Drain. In a blender pour 200ml water and add the washed cumin seeds. Coarse grind. Next add black pepper and tomatoes. Coarse grind. Pour the contents of the blender into a pot. Add the crushed garlic. Pour another 200ml water into the pot. Next add tamarind juice, tumeric powder and salt. Stir well. Heat oil in a wok. Add mustard seeds; when the seeds start to pop, add fenugreek seeds, coriander seeds, dry red chillies, curry leaves, onion and a pinch of asafoetida powder. Mix well. Saute till the onion is golden brown. Pour the contents of the wok into the soup pot. Stir. Heat on high flame till the soup boils. Immediately turn off heat. Garnish with coriander leaves. Cover. Stir the soup well and pour into a bowl or serve with white rice and stir fried vegetables.

Note : Adjusting the amount of black pepper and dry red chillies will alter the hotness of the soup

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