



Mulligatawny is Anglo-Indian in origin. It's easy to make, though it does take a little while to prepare the ingredients for the soup. The word comes from a southern Indian Tamil word that means literally "pepper water." "Molagu" means "pepper"; "thanni" means "water."

It's pronounced mull-eh-gah-TAH-nee. It became popular with the British stationed in India (employees of the East India Company) during colonial times, during the late 18th century and later. When they returned home, they brought the recipe back with them to England, and to other members of the Commonwealth, especially Australia.

There are many variations on the recipe for mulligatawny. In the West, the soup typically has a turmeric-like yellow colour and chicken meat, beef, or lamb meat. Often it is thickened with rice.



### Curry Leaves vs. Curry Powder

Curry leaves and curry powder are two spices commonly used to give dishes an Indian flair. You can use the leaves and powder to make otherwise ordinary dishes such as pumpkin soup or a cauliflower dish exotic experiences for your taste buds.

Curry leaf is native to India and Sri Lanka. Curry leaves grow on the *Murraya koenigii* plant that eventually grows into a tropical tree and still grow wild in most regions of India.. Resembling a small narrow bay leaf, several small shiny pointed leaflets grow closely along a central stem. The leaves release a strong curry-like fragrance. These leaves are used in everyday seasoning in South Indian food.

Curry powder is generally made of a mix of toasted spices including cumin, turmeric, coriander, cumin, mustard, ginger, garlic, chilies, cloves and salt. Curry powder does not usually contain curry leaves as they lose their scent and flavor upon drying.



### Garam Masala

Literally it translates to "hot spice". This mixture is made from several spices, resulting in an intense a flavourful spice blend. You can mix and grind your own to get the freshest and most intense flavour:

- 2 tbsp. whole cumin seeds (jeera)
- 2 tbsp. whole coriander seeds (dhania)
- 2 tbsp. whole green cardamom seeds (illaichi)
- 2 tbsp. whole black cardamom seeds
- 1 tbsp. whole black peppercorns (kali mirch)
- 3-inch cinnamon stick, crushed (dalchini)
- 1 tsp. whole cloves (laung)



## Basmati Rice

The Hindi word 'basmati' means fragrant, and refers to the nutlike flavor and aroma of this small, but long grained rice. It has been used in India and Pakistan for thousands of years and is excellent with curries.

To get best results always wash the rice in cold water before cooking. To cook the rice you can follow the directions on the package of the rice. Also, approximately 1 cup of rice is cooked in 1 ½ cup of water. Cook covered, after the first boil turn the heat down to simmer for 15 minutes. Turn off the stove and move the pot off the element onto a cool element or onto a trivet or cutting board. Let the rice cool for five minutes. 'No peeking!' The secret to cooking rice is not opening the lid once you have started to cook! To make good rice you have to be patient, but it is worth the wait! Rice will increase about three times in size after cooking, in other words, 1 cup of dry rice will make 3 cups of cooked rice.

Just before serving, stir in the coconut milk. Shake the can really, really well to ensure the thick goodness is loosened from the can and mixed into the liquid.



## Gram Flour (Besan)

Gram flour is flour made from ground chickpeas. It is also known as chickpea flour, garbanzo flour, or besan. Used in many countries, it is a staple ingredient in Indian, Pakistani and Bangladeshi cuisines. Gram flour contains a high proportion of carbohydrates but no gluten. Despite this, in comparison to other flours, it has a relatively high proportion of protein.



## Variations

This is a rich curried soup originally made with peppers, hence the name. It has changed to suit differing tastes and has gone through many variations at various times and places. It is usually based on a chicken stock (also mutton or vegetable stock) and curry, with cream, pieces of cooked boneless chicken breast/ thighs, onion, celery, apples and almonds and garnished with rice.

Vegetarian versions may also contain 4-6 tablespoons of lentils, tomatoes, cucumbers and fresh coconut. Yogurt is sometimes used instead of cream or coconut milk.

Freshly grated or ground spices and herbs make a world of difference when making any curry and Mulligatawny soup is no exception. So take the time to do it right and you will be well rewarded. It can be made as a mild curried soup, or it can be made to live up to its name "pepper water."

Free feel to experiment with different kinds of vegetables or chicken and add some chopped fresh chilies for extra heat.

