

Mulligatawny Soup

This simple soup, also known as pepper water (molagu – pepper + tunni – water), was once a subsistence soup. However, like any delicious staple, Mulligatawny soup has risen to new heights the world over.

The Lentils

½ cup red lentils
3 cups water

Wash red lentils and put to boil and cook on med heat until lentils are cooked/tender

The Water

Tamarind paste – walnut-sized ball
1 cup coriander – cut
4 cloves garlic – smashed
1 tbsp black peppercorns
1 cup tomato juice

Blend the above, add 2 pints water and set aside for 15 minutes

The Flavouring

1 oz. cooking oil
Small onion – cubed
½ tsp mustard seed
12-15 curry leaves (buy from an Indian groceries store)
½ tsp turmeric powder
Salt

Heat oil in a deep pot until hot; add mustard seeds (be careful – they will splutter), onion and curry leaves, stir until onions translucent; add turmeric powder, stir; add The Water, reduce to medium heat; add The Lentils and bring to gentle boil. Salt to taste.

Note: you may add diced carrots, potato, rice or meat as well. Also, you can replace water with a vegetable or meat based stock.

Mrs. Amar Patel, owner and chef of Indian Rice Factory, Toronto.