

INDIAN MULLIGATAWNY SOUP

F MEDIUM

Last Modified: 11/28/2014

PREP: 2 Hrs
COOK: 2 Hrs
STOVETOP

SOUP-INDIAN

MAKES 20 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
1	Leftover	Thanksgiving Turkey Carcass	Stripped
OR			
1	Whole	Rotisserie Chicken (Unflavored)	Stripped
OR			
3	12 1/2 Oz	Cans Chicken Breast Chunks (Swanson)	Chopped
OR			
1.5	Pounds	Shredded Rotisserie White Meat Chicken	
8	Tbsp	Salted Butter	
2	Medium	Yellow Onions	Chopped
4	Tbsp	Garlic	Crushed
1	Cup	Colored Bell Peppers (Seeded)	Chopped
3	1 Lb	Pkgs Frozen Mixed Vegetables	Chopped
1	1 Lb	Pkg Frozen Peaches & Cream Sweet Corn	
1	1 Lb	Pkg Frozen Cut Green Beans	
4	Quarts	Chicken Stock (Swanson)	
1	2 Inch	Piece Fresh Ginger (Peeled)	Ground
OR SUBSTITUTE (IF NECESSARY)			
2	Tbsp	Ground Ginger	
4	Whole	Dried Bay Leaves	
1	10 Oz	Jar Roasted Pepper Bruschetta (Delallo)	
1	12 Oz	Can Tomato Paste (Hunts)	
PLUS			
2	12 Oz	Cans Water	
OR IN PLACE OF THE ABOVE 2			
1	29 Oz	Can Tomato Puree (Hunts)	
2	14 1/2 Oz	Can Diced Fire Roasted Tomatoes (Hunts)	
3	Tsp	Ground Turmeric	
1	Tsp	Ground Nutmeg	
2	Tsp	Chili Powder (Hot)	
3	Tsp	Ground Coriander (Cilantro)	
3	Tsp	Ground Cumin	
3	Tsp	Curry Powder	
2	Tsp	Ground Black Pepper	
2~3	Medium	Granny Smith Apples	Chopped
1	Tbsp	Lemon Juice	
		Tapioca Flour (Tapioca will not gel if frozen later)	Thickening

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		OPTIONAL	
3	Cups	Brown Rice (Any You Like)	Cooked

PREPARATION	
FACTOID	Mulligatawny is the Anglicized version of the Tamil words for "pepper water" or "pepper broth." It became popular with the British stationed in India 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. It was a rich curried Soup originally made with Peppers, hence the name. It has changed to suit differing tastes in Western culture, and has gone through many variations at various times and places.
NOTE	I make a gallon of this mildly spicy Soup EVERY time I roast a whole Turkey and freeze it in quart containers for later.
TOOLS	1) Large Stainless Steel Skillet 2) Stock Pot & Lid
PREP	DISH 1) Peel and chop the Ginger and set it aside. 2) Chop the Yellow Onions and set them aside. 3) Crush the Garlic Cloves and set them aside. 4) Seed, de-vein and chop the Sweet Peppers and add them on top of the Garlic. 5) Thaw the Mixed Vegetables, Corn & Green Beans and set them aside. 6) Peel, core and chop the Granny Smith Apples and set them aside..
CAUTION	Cooking the Vegetables in excess of 3 hours WILL cause them to be MUSHY!
1	Cook the Rice according to package directions and set it aside.
2	Pick all Meat from the Turkey or Chicken Carcasses, cut and pull it into appropriate sized pieces and set it aside. Discard the bones.
3	In a large skillet over medium high heat, melt the Butter and Saute the Onions until transparent. Add in the Bell Peppers and Garlic and cook until soft, about 5 minutes. Add the thawed Mixed Vegetables and cook them until soft, about 5 minutes. I tend to discard the Lima Beans from the packaged Mixed Vegetables prior to adding them in. Stir in all of the listed Spices and cook the mixture for 5 minutes more.
4	Add in the Turkey or Chicken Meat, Chicken Stock, Bruschetta, Tomato Puree, Diced Tomatoes, Apples and Lemon Juice and bring it to a boil - lower the heat to low and simmer the Soup for a minimum of 2 hours, stirring often. During last 10 minutes, add in the reserved Rice (if using). Add in enough Tapioca Flour mixed with a little water to bring it to the desired consistency.
SERVE	Serve the Soup while hot with a little crusty Bread on the side.