

Mulligatawny Soup

This dish became popular when people returning from India brought back a taste for spicy food. It was considered a man's soup because all the hot spices were thought to be too much for a lady's delicate digestion.

Ingredients

1/2 cup coriander seed
1/4 cup cumin seed
1/4 cup fenugreek
2 Tbs. mustard seed
2 black peppercorns
5 cilantro leaves
Tabasco sauce
white stock

Cooking Utensils

measuring cup
measuring spoons

Serving Utensils

soup tureen
serving ladle
soup bowls
soup spoons

For the white stock

1/2 lb. lean ham	knife and cutting board
2 lbs. leg or neck veal with bones	measuring cup
2 lbs. lean stew beef	measuring spoons
2 Tbs. (1/4 stick) butter	2 large soup pots
8 cups boiling water	teakettle
2 1/2 cups cold water	spatula
2 tsp. salt	large spoon
1 medium onion	sieve
1 medium carrot	cheesecloth or infuser
1 medium turnip	ladle
3 celery stalks	string
8 garlic cloves	scissors
6 white peppercorns	
2 large pinches ground mace	

2 bouquets garnis—Each *bouquets garnis* is made from: 3 sprigs fresh parsley **or** chervil, 1/2 bay leaf, 2 sprigs fresh thyme, 2 sprigs fresh basil, 2 sprigs fresh marjoram, 1 white portion of a leek, and 2 cloves, placed inside several celery stalks and tied with string.

To make the stock—make *2 bouquets garnis*. Peel and chop the onion and 2 garlic cloves. Chop the carrot, turnip, and celery. Cut all the meat into thick pieces. Peel the remaining 6 garlic cloves. The dish can be prepared up to this point in advance. In the teakettle boil the water. Melt the butter in the soup pot on the stove over medium high

heat, and fry the meat until it is brown all over. Be careful not to burn the meat. Add the bones and gradually pour in the boiling water. Bring the soup back to a boil and skim off all the scum that rises to the surface. Gradually add the cold water to help the scum rise. Be sure to skim off all the scum. When the scum is removed, add the vegetables, *bouquets garnis*, 6 cloves garlic, white peppercorns, and mace. Cook 5 1/2 to 6 hours. This could be done in a crock pot set on low overnight. Line a sieve with cheesecloth and strain the soup. Allow the soup to get completely cold, then remove all the fat from the top.

To make the Mulligatawny soup—With a ladle, transfer the soup to a clean soup pot. Be sure not to disturb the sediment on the bottom. In a piece of cheesecloth **or** an infuser, place the coriander seed, cumin seed, fenugreek, black peppercorns, chopped garlic, and cilantro leaves. Securely tie the cheesecloth. Place the cheesecloth bag of spices or the infuser in the soup and bring to a boil. When the soup is boiling, reduce the heat to low and gently simmer for 30 minutes. Let the soup cool completely. Remove the spices. Gently reheat the soup. Before serving, add a few drops of Tabasco. The Mulligatawny soup should be made the night before the dinner and reheated before serving. Served hot.