

Mulligatawny Soup

Serves 6-8

This unusual soup originated in India where the word "mulligatawny" means "pepper water". The curry powder gives it a unique flavor and the chopped apples offer a bit of sweetness. This is one of my favorite supper meals in the winter--full bodied but not too heavy.

- 1 T. olive oil**
- 2 large carrots, finely chopped**
- 2 ribs celery, thinly sliced**
- 1 small onion, finely chopped**
- 3 cloves garlic, minced**
- 4 T. flour**
- 1-2 tsp. curry powder**
- 1/4 tsp. nutmeg**
- 3 C. (750 ml) chicken broth or bouillon**
- 1 C. (250 ml) milk**
- 1 lb. (500 g) boneless chicken cutlets (approximately 2 double) poached and cut into 1/2-inch pieces (see Poaching Chicken, p. 113)***
- 1 large tomato, seeded and diced**
- 1 medium apple, cored, peeled and diced**
- 1/4 C. uncooked rice (handful)**
- 1/2 tsp. salt**

In a large pot, cook carrots, celery, onion and garlic in olive oil for 5 minutes, stirring frequently. Sprinkle with flour, curry powder and nutmeg; cook and stir 1-2 minutes.

Add broth, milk, chicken, tomatoes, apple, rice and salt. Heat to a boil, stirring constantly. Reduce heat and simmer, covered, for 15-20 minutes, until rice is tender.

*If I'm in a hurry, without enough time to poach the cutlets, I'll cube the chicken and brown it in a skillet, then add it to the soup.