

Mulligatawny Soup

Serves 6

Mulligatawny soup was originally a vegetarian dish from India. British soldiers and civil servants brought it back home where they began to add meat, usually chicken or lamb. Mulligatawny translates as 'pepper-water'. Our version is rich, flavourful and packs a little heat—reduce the pepper flakes for a milder dish.

- 1 tablespoon coconut or other light oil
- 1 onion, finely diced
- 2 cloves garlic, minced
- 2 teaspoons fresh ginger, grated or minced
- ¼ teaspoon red pepper flakes
- 1 teaspoon turmeric
- 2 teaspoons mild curry powder
- 1 medium carrot, diced
- ½ green pepper, diced
- 1 small sweet potato, diced
- 2 teaspoons dried cilantro
- 3 cups | 700 ml vegetable stock
- 1 398 ml can coconut milk
- 2 tablespoons lime or lemon juice (or to taste)
- 1½ cups | 400 ml diced tomatoes (half a 796 ml can)
- 1 cup | 300 g cabbage, chopped
- salt and pepper to taste

Heat the oil in a large stockpot and saute the onion for 5 minutes. Add the garlic and ginger, stir for a few minutes then add spices and cook for another minute or two. Add the carrots, pepper, sweet potato, cilantro and stock. Simmer, covered, until the vegetables are cooked, about 20 minutes. Add the remaining ingredients into the pot, return to a simmer and continue cooking, covered, for a further 20 minutes. Check for seasoning and serve.

Please feel free to share this recipe with others. If you use this in another publication we would appreciate a reference to Two Whales as the originators of this recipe. Thank you.

