



## **Lamb and Root Vegetable “Mulligatawny” Soup**

*Makes 8 servings*

*2 jalapeno peppers, seeded and minced*  
*1 Tb fresh ground black pepper*  
*2 tsp. ground turmeric*  
*1 Tb garam masala*  
*5 garlic cloves, minced*  
*2 tsp. fresh grated ginger*  
*2 Tb. olive oil*  
*2 onions, small diced*  
*1lb. lamb stew meat, diced ½ inch cubes*  
*2 quarts chicken stock*  
*1/3 cup tomato paste*  
*2 carrots, diced*  
*2 apples, peeled & diced*  
*1 lb. assorted root vegetables, peeled & diced*  
*Juice of ½ lime, optional*  
*Salt to taste*  
*1 Tb. chopped cilantro*

Combine the jalapeno, black pepper, turmeric, garam masala, garlic and ginger in the bowl of a food processor and pulse to form a coarse paste.

Heat the olive oil in a soup pot over medium heat. Add the onion and cook until golden brown. Add the spice paste and lamb and cook for another five minutes. Add the tomato paste and stock and simmer until the meat is almost tender, about 25 minutes.

Add carrots, apples, and root vegetables and simmer until everything is tender. Season with salt and lime juice. Finish the soup with the cilantro and serve.

\*\* Mulligatawny soup is a product of the British colonization of India. The British preferred a separate soup course with their dinner which differed from the Indian custom of serving all the foods in the meal at one time. The dishes closest to soup in Indian cuisine at the time were thin sauces that accompanied rice and curry dishes, however they were not drunk by themselves. The word mulligatawny is a corruption of the Indian word milagu-tannir, meaning “pepper water”. (Notice the large amounts of black pepper in the recipe).

