



Category (Soups)

## Mulligatawny

Submitted by Aundrea Carlson

<p><b><u>Recipe</u></b></p> <p>2 large carrots, shredded          ½ c. butter or olive oil          3 tsp. flour          3 tsp. mild or spicy curry powder          8 c. chicken broth          2 chicken breasts, cut into small cubes          1 apple, peeled and diced (I like green best)          ¾ c. raw white rice          ¾ c. golden raisins, optional          2 pinches dried thyme          Salt and pepper to taste          1 c. heavy cream or half-and-half</p> <p>In a large pot, sauté the shredded carrots in butter. Stir in flour and curry; cook 5 more minutes. Stir in chicken broth and bring to a boil. Reduce to a simmer and cook for about 30 minutes. While simmering, cook the chicken pieces in a frying pan. Add the cooked chicken to the soup; stir in the apple, rice, raisins, thyme, salt and pepper. Simmer for 20 more minutes until the rice is done. Stir in the cream; cook an additional 2 minutes or until heated through. Serves about 4.</p>	<p><b><u>Grocery List</u></b></p> <p>Carrots          Butter or olive oil          Curry, mild or spicy to taste          8 cups chicken broth          Chicken breasts          Apple          White rice          Golden raisins, optional          Thyme, if needed          Heavy cream or half-and-half</p>
<p><b><u>Side dish</u></b></p> <p>Serve with naan and hummus if desired.</p>	<p><b><u>Tips/Helpful hints</u></b></p> <p>This is a delicious, savory Indian recipe. I followed it exactly the first time, but have also tweaked a few things since then. Using olive oil instead of butter makes it healthier but not as rich. I also used mild curry because I don't like much spice. The original recipe calls for golden raisins, which is surprisingly delicious, but you can just use less or leave it out altogether for picky eaters. Lastly: I used half-and-half instead of cream and it was still very rich (if using butter).</p> <p>A hint on the chicken broth: if you don't want to buy it in cans or cartons, Costco sells a small jar of concentrated bouillon in paste form called Better Than Bouillon. It is cheaper (about \$7), healthier, makes about 20 quarts of broth, and saves a lot of space. Just keep it refrigerated.</p> <p>Time-saver: You can use a bag of pre-shredded carrots instead of shredding your own.</p>