

## **Soup Nazi Mulligatawny**

*Courtesy of **In Our Grandmothers' Kitchens***

Make sure your spices are fresh and pungent for this soup. I recommend curry powder and cumin seeds from Kalustyan's (212-685-3451) or Foods of India (212-683-4419) in New York, two stores at which the Soup Nazi might well have shopped.

If you want a vegetarian mulligatawny, feel free to omit the chicken and to substitute vegetable stock for the chicken stock. You'll still have a lovely, warming concoction.

### *Ingredients:*

2 tablespoons olive oil  
1 large onion, chopped  
2 cloves garlic, minced  
2 carrots, cut in small pieces  
2 tablespoons cumin seeds, mashed in a mortar and pestle just enough to release flavors  
1-1/2 tablespoons curry powder (or more you love curry)  
1 cup lentils, washed and drained  
6 cups chicken stock  
1-1/2 teaspoons salt  
1 tablespoon lemon juice  
1 tomato, cut up  
1-1/2 cups cooked chicken, shredded  
cooked rice to taste (optional)  
cream to taste (optional)  
fresh, chopped coriander (optional)

### *Instructions:*

Heat the oil in a large soup pot, and sauté the onion, garlic, and carrot until the onion turns a light golden color. Stir in the cumin and curry powder and heat for a minute as a paste, adding a bit of the chicken stock if it threatens to dry out completely. Quickly stir in the lentils; then add the stock, salt, lemon juice, and tomato.

Bring the mixture to a boil, reduce the heat, and simmer covered for half an hour, stirring occasionally. Add the chicken, and simmer for another half hour partly covered, stirring frequently.

Cool the mixture for at least a half hour, and then puree it in batches in a blender or food processor. Refrigerate the soup for several hours (overnight if possible) to let the flavors meld. Then heat the mixture in a large saucepan until warm, stirring constantly to keep the thick soup from sticking to the bottom of the pan.

Your soup may be served plain or with cooked rice. Some people prefer to add a bit of cream to their bowls, and many like a hint of coriander sprinkled over each bowl just before serving. Serves 6 to 8.