



Indian Lentil Soup -- Mulligatawny

By Chef Veera Gaul, Ph.D.



Ingredients

3 tablespoons Unflavored EVOO
1 teaspoon of ginger, grated
1 teaspoon of garlic, crushed (about 3 cloves through a garlic press)
1 teaspoon ground cumin
1 teaspoon ground coriander
1 1/2 teaspoons Madras curry powder *
1/8-1/4 teaspoon cayenne
1 cup of red split lentils, rinsed well
4 cups of vegetable stock
1/2-1 teaspoon of salt
1 tablespoon lemon juice

Tempering and Serving

1 teaspoon EVOO
4-6 curry leaves *
1/4 teaspoon mustard seeds
Wedges of lemon
Sprinkle of Cayenne pepper or paprika

Preparation

Heat 3 tablespoons of olive oil over medium heat, when hot, add ginger and garlic. Stir for 1-2 minutes.

Add cumin, coriander, curry powder, and cayenne. Stir for another minute.

Add lentils and vegetable stock, and salt and bring to a boil. Reduce heat and simmer for 30- 45 minutes till lentils are fully cooked.

Remove from heat and stir in lemon juice. At this point, if you prefer a smoother soup, use an immersion blender or food processor to process the lentils to a smoother consistency.

In a separate small pan, heat the remaining teaspoon of EVOO over medium-high heat, until the oil is shimmering and hot. Add the curry leaves and mustard seeds heating until the seeds splutter (about 15 seconds).

Add to the soup, stir and simmer 1-2 minutes.

Garnish the soup with a sprig of cilantro or parsley and serve with a wedge of lemon and a sprinkle of cayenne pepper or paprika

Serves 4

Active Time: 15 minutes Total Time: 45-60 minutes

Notes

* Madras Curry Powder and Curry leaves can be purchased at most Indian grocery stores. Madras Curry powder is also available in the spice or international aisle of most stores. If you cannot find Curry leaves, you can substitute bay leaves. Although this will change out the flavor of the soup, it will still be delicious.

Categories: Soups & Salads, Snacks & Sides, Vegetarian, Vegan, Gluten-Free, Dairy-Free, Lentil Soup, Dal, Daal, Curry Leaves, Madras Curry Powder, Mulligatawny Soup, Red Lentils, Mustard Seeds, Tempering, Mediterranean Diet, Plant Based