

The Hirshon Anglo-Indian Mulligatawny Soup

Yield: 4 min
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/carrot-ginger-soup-indian-recipe>

Ingredients:

- 4 jalapenos fresh red, seeded
- 1 tablespoon coriander seeds
- 1 teaspoon cumin seeds
- 1 teaspoon ground turmeric
- 1/2 teaspoon grated nutmeg
- 1 teaspoon fennel seeds
- 1 teaspoon mustard seeds
- 1/2 teaspoon fenugreek seeds
- 1/4 teaspoon asafoetida
- 1 teaspoon kalonji seeds
- 4 whole cloves
- 10 whole black peppercorns
- 2 cloves garlic crushed
- 1 teaspoon ginger grated
- 1 tablespoon ghee clarified butter
- 1 onion large, chopped
- 1 pound meat lamb, cut into small pieces
- 2 teaspoons salt
- 3 1/2 cups lamb stock scant
- 1/2 cup coconut milk scant, Thai, Chaokoh brand preferred
- 1 tablespoon tamarind paste
- 1 tablespoon tomato puree
- 1 large carrot diced
- 1 green apple large, peeled, cored and diced
- 2 lemons sliced

Nutrition:

1. Calories: 540 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 85 milligrams
4. Fat: 40 grams
5. Fiber: 8 grams
6. Protein: 26 grams
7. SaturatedFat: 18 grams
8. Sodium: 1610 milligrams
9. Sugar: 9 grams

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