



Mulligatawny Soup

(makes 4 servings)

It's not difficult to understand why this soup became a staple for so many Brits living in India when it was part of the British Empire. The combination of 'meat and two veg', the diet many had grown up on with curried spices ticked both the homely and the exotic boxes and the addition of the great british apple was inspired. This is our version.

Ingredients

- 1 tablespoon oil
- 1 lamb shank or 1 turkey drumstick
- 1 large onion, peeled and finely chopped
- 1 large parsnip, peeled, woody centre removed and diced
- 1 large carrot, peeled and diced
- 50g brown basmati rice
- 2 tablespoons curry powder or paste
- 1 litre lamb or chicken stock (depending on your choice of meat)
- 1 large Granny Smith apple (or similarly-tart eating apple), peeled, cored and diced
- Salt and pepper

Method

Warm the oil in a soup pot, turn up the heat and brown the lamb/turkey on all sides before removing to a dish briefly.

Add the onion, carrot and parsnip to the pot and brown for around 5 minutes or until the vegetables are slightly caramelised around the edges.

Add the rice and curry powder and stir until fragrant, place the lamb/turkey back in the pot, add the stock, turn up the heat, bring slowly to the boil then reduce the heat to very low and simmer, covered for 25 minutes.

Add the apple and simmer for a further 20-30 minutes or until the vegetables and rice are tender and the meat is falling off the bone.

Take the meat out, remove the skin/fat, pick off the meat and chop or shred with 2 forks before returning to the soup pot and warming through.

Season to taste and if you have time, let the soup cool and refrigerate overnight. Next day, remove the fat from the top, reheat and serve.