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2020
FOR
2020
Recipes

FOOD
FOREVER
Biodiversity for Resilience

FOOD IS LIFE
THE CHEFS'
MANIFESTO

Mulligatawny Curry

Ingredients:

1 ½ tsp vegetable oil
3-4 onions chopped
10 g ginger chopped
1 garlic clove chopped
1 green chili chopped
Few cardamom seeds
1 cinnamon stick
½ tsp turmeric powder
1 tsp cumin powder
1 ½ tsp coriander powder
30-40 g red bell peppers (diced)
1 bay leaf
5-6 black peppercorns
100 g red lentils, soaked for an hour
(masoor dal/moong dal)
½ cup coconut milk
½ lime (juiced)
1 tbsp tamarind pulp
1 ½ l vegetable stock
20 g apple, chopped
40 g carrots, chopped
1 medium potato, chopped
Salt to taste
Pepper to taste
2-3 sprigs fresh coriander leaves



Directions:

Heat pan with the vegetable oil, sweat the onion, ginger, garlic, green chilies.

Add all the spices, whole & powdered, and cook for 3-4 minutes.

Add the soaked lentils, potato, apples, carrots and saute for 3 minutes.

Add the vegetable stock and tamarind pulp and simmer till all the vegetables and lentils are cooked.

Season to taste.

Blend the soup to a smooth puree.

Add the coconut milk, fresh coriander leaves and lime juice to finish the soup.

Serve hot.

HELP PLANT THE SEED FOR A MORE DIVERSE, SUSTAINABLE, & DELICIOUS FUTURE:

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