

Cooker Chicken Mulligatawny Soup

skip away complicated steps in this classic recipe without sacrificing complexity of flavor.

In India-
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England,
can be broth
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peppers, car-
contain meat
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be something of
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mulligatawny
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made a favorite
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Spices

I'd grind these
But here in
tasted and
recommend
ends.



ITEMS
r and McCormick
aram Masala.



We like to serve this flavorful soup with cilantro leaves, yogurt, and lime wedges.

stovetop step in order to sauté the base
veggies and flaked coconut, bloom
the spices, and cook the tomato paste
and flour. After whisking in the broth
and simmering to thicken it slightly,
I emptied the pot into the slow cooker
and added lentils and cut-up boneless,
skinless chicken breasts. The results were
mixed. The soup was very thin (the
slow cooker doesn't allow for evapora-
tion/concentration); my tasters didn't
care for the bits of flaked coconut; and
the cut-up chicken breasts, while easier
to deal with than bone-in meat, were
dry and tough. But we didn't mind
the small chunks of onion, celery, and
carrot, and the flavor was pretty good.
I would have to make some adjustments
to give the soup more body, find a way
to get around the bits of coconut, and
cook the chicken properly.

After fiddling with the amounts of
chicken broth and flour, I found that
decreasing the broth and upping the
flour gave me the slightly velvety con-
sistency I wanted. Trading the chicken
breasts for boneless, skinless thighs cut
into chunks led to properly cooked meat

in about 4½ hours without any fuss.
I was on a roll. Next I tried to fix the
problem of the coconut fragments by
just omitting the flaked coconut alto-
gether. With the now-thicker base and
tender chunks of vegetables and chicken,
my tasters and I found the soup much
more pleasant, but we had to admit
that the missing coconut left the spices
without the sweet, nutty foil that made
the stovetop version of mulligatawny so
satisfying. What about coconut milk? It's
smooth and might be able to provide
the flavor that we were missing without
forcing us to return to the blender for
what I wanted to be a low-stress recipe.

I sautéed the aromatics, spices, and
tomato paste for another batch, cooked
the flour, and whisked in the broth.
This time I subtracted 1¾ cups of broth
and added a can of coconut milk to the
thickened broth mixture and chicken
in the slow cooker. When the soup was
done, I put out some yogurt, cilantro,
and lime wedges for garnishing and
called over my tasters. Success. The
flavor was full, complex, and, truth be
told, amazingly delicious, but the recipe

was simple. "I would never guess this
came from the slow cooker," one taster
said as she slurped the last drop of soup.
"It doesn't *taste* easy to make."

SLOW-COOKER CHICKEN MULLIGATAWNY SOUP Serves 8

Cut the carrots into ½-inch pieces or they
won't cook through. If the carrots are
more than ½ inch in diameter, halve or
quarter them lengthwise.

- 3 tablespoons unsalted butter
- 2 onions, chopped
- 4 carrots, peeled and cut into ½-inch pieces
- 1 celery rib, minced
- 1½ tablespoons grated fresh ginger
- 4 garlic cloves, minced
- 1 tablespoon tomato paste
- 1 tablespoon curry powder
- 2 teaspoons garam masala
- Salt and pepper
- ¼ teaspoon cayenne pepper
- ⅓ cup all-purpose flour
- 5 cups chicken broth
- 1½ pounds boneless, skinless chicken thighs, trimmed and cut into 1½-inch pieces
- 1 (13.5-ounce) can coconut milk
- ½ cup brown lentils, picked over and rinsed
- Plain yogurt
- Chopped fresh cilantro leaves
- Lime wedges

1. Melt butter in large saucepan over medium heat. Add onions, carrots, and celery and cook until onions are softened and just beginning to brown, 10 to 14 minutes. Add ginger, garlic, tomato paste, curry powder, garam masala, 1 teaspoon salt, and cayenne and cook until fragrant, about 30 seconds. Stir in flour and cook for 1 minute. Slowly whisk in broth, scraping up any browned bits. Bring to boil, reduce heat to medium-low, and simmer until thickened, about 5 minutes. Transfer to slow cooker. Stir in chicken, coconut milk, and lentils.

2. Cover and cook until chicken and lentils are tender, 4 to 5 hours on low. Let sit, uncovered, for 5 minutes. Using large spoon, skim fat from surface of soup. Season soup with salt and pepper to taste. Ladle into serving bowls. Garnish with yogurt and cilantro. Serve with lime wedges.