

IN THE KITCHEN ^{with} TAKE A BITE OF BC!

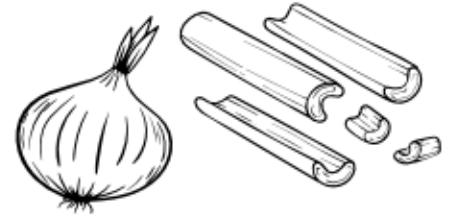
BCAITC's Chef Randle

SOUP BASICS

CHICKEN MULLIGATAWNY SOUP

YIELD: 1 litre (4 cups)

- 60 mL (1/4 cup) butter
- 1 medium BC onion, small dice
- 2 stalks BC celery, small dice
- 15 mL (1 Tbsp) tomato paste
- 15 mL (1 Tbsp) curry powder
- 60 mL (1/4 cup) all-purpose flour
- 900 mL (3.75 cups) chicken stock
- 120 mL (1/2 cup) BC milk
- 180 mL (3/4 cup) BC chicken, cooked, shredded
- 240 mL (1 cup) basmati rice, cooked
- Salt and pepper



Method

1. In a large pot, heat butter over medium high heat and gently sauté onion and celery until soft (sweat). Do not brown.
2. Stir in tomato paste and curry powder and continue to cook for 30 seconds.
3. Add flour to form a roux. Stir until no more white flour can be seen.
4. Continue to stir and cook the roux for 2 minutes.
5. Add chicken stock and whisk until roux is completely dissolved.
6. Bring to a boil, reduce heat and simmer for 12 – 15 minutes.
7. Stir in milk. Bring back to a boil.
8. Remove the pot from the heat. Add cooked chicken and cooked rice, and stir together
9. Adjust seasoning with salt and pepper.