

LEMON CURRY, Coriander Seed Powder, True Cinnamon, Turmeric, Cardamom Seed Powder, Dried Chives

MULLIGATAWNY SOUP



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LEMON CURRY

Mulligatawny Soup is a South Indian recipe that was made popular in British India during the 18th century. Most versions of this curried soup include rice, however, in this recipe we use shredded chicken, potatoes and apples, and flavor the soup with Lemon Curry and other spices often used in Indian dishes. Coconut milk is also added for a delicious creamy flavor that goes so well with the spices. The combination of all ingredients makes for a perfectly flavorful and spiced exotic soup that is just amazing!

INGREDIENTS:

2 Tbspns Olive Oil	1 medium tomato, chopped	1/2 tsp each: Coriander Seed Powder, True Cinnamon, Turmeric, Cardamom Seed Powder
1 Tbspn All-purpose Flour	1 medium onion, chopped	1/4 tsp pepper / 1 tsp salt
1 tsp minced fresh ginger	1 large carrot, peeled and diced	3 cups Chicken Broth
1 tsp minced garlic	1 large potato, peeled and chopped	2/3 cup Lite Coconut Milk
4 boneless, skinless, chicken thighs, cooked and shredded	1 large apple, cored, peeled and chopped	Dried Chives, for garnish
	1 1/2 Tbspn Lemon Curry	

DIRECTIONS: In a large soup pot, heat the oil and saute the ginger and garlic for about a minute. Add the flour, onions, carrots, potatoes and apples and saute for another 3 minutes. Add the tomatoes, the spices, salt and pepper and stir until fully combined. Add the chicken and the broth and then turn the heat to low and simmer the soup uncovered for about 30 minutes. Stir in the coconut milk and add additional salt, to taste. Cook for another 2 minutes and then remove the pot from the heat. Serve immediately, garnished with the Chives.

Uses Our: Pumpkin Pie Spice / True Cinnamon Pumpkin Pecan Squares



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FEATURING
OUR:
PUMPKIN PIE SPICE

These little squares are easy to prepare, and loaded with pumpkin flavors. The pumpkin is made even better with the addition of the Pumpkin Pie Spice and True Cinnamon. With pumpkin treats this delicious and easy to make - you may find they are a great replacement for the traditional pumpkin pie!

Ingredients For Crust:

1 cup flour
1/2 cup old-fashioned or instant oats
1/2 cup butter (room temperature)
1/2 cup packed light brown sugar

For The Pumpkin Filling:

3/4 cup granulated sugar
1 can (15 ounces) pure pumpkin
1 can (12 fl. ounces) evaporated milk / 2 eggs
1 Tbspn Pumpkin Pie Spice / 1 tsp true Cinnamon

For the Topping:

1 cup chopped pecans / 1/2 cup packed light brown sugar / 1 tsp True Cinnamon

Preheat oven to 350 degrees. Prepare a 13 x 9 inch pan by lightly spraying it with cooking spray.

To make the crust: Combine the flour, oats, brown sugar and butter in a bowl and mix until crumbly. Press this mixture into the bottom of the prepared pan. Bake the crust for 15 minutes. Let the crust cool completely before topping with the filling.

To make the pumpkin filling: Combine the granulated sugar, pumpkin, evaporated milk, eggs and spices in a mixing bowl. Beat at medium speed for 1 -2 minutes. Pour filling over the prepared crust. Bake for 20 minutes.

To make the topping: Combine the pecans, brown sugar and True Cinnamon in a small bowl.

Sprinkle this mixture over the top of the cooked pumpkin filling. Return to the oven and cook for an additional 15 - 20 minutes (or until knife inserted into the center comes out clean). Cool completely on a wire rack and then cut into bars. Top with whipped cream if desired.