

## Mullagatawny, or Currie Broth

From *The Practice of Cookery, Adapted to the Business of Every Day Life*, by Mrs Dalgairns, 3rd edition, Edinburgh, 1830:

*Make about 2 quarts of strong veal broth, seasoned with two onions, a bunch of parsley, salt and pepper; strain it, and have ready a chicken, cut into joints and skinned; put it into the broth, with a table-spoonful of currie-powder; boil the chicken till quite tender, and a little before serving, add the juice of a lemon, and stir in a tea-cupful of cream. Serve boiled rice to eat with the broth.*

### Modern Version:

12 cups (3 L) chicken broth  
2 onions, chopped  
1 cup (250 ml) coarsely chopped parsley  
1/2 tsp (2 ml) coarsely crushed peppercorns  
3 lb (1.5 kg) air-chilled chicken  
4 tsp (20 ml) Currie Powder (see below)  
Juice of 1 small or half large lemon  
1 cup (250 ml) whipping cream  
Salt  
2 cups (500 ml) cooked long grain rice

- In large pot, bring chicken broth, onions, parsley and pepper to boil; cover and simmer for 45 minutes to flavour broth. Strain and return to clean pot.
- Meanwhile, cut chicken along both sides of the backbone; cut remainder into 8 pieces: 2 thighs, 2 drumsticks, breasts cut on diagonal to create 4 pieces. Pull off skin and discard. Add all chicken parts and Currie Powder to broth.
- Bring to boil and over low flame, simmer, covered, until chicken is coming away from the bones, about 45 minutes to 1 hour. Add a little water if needed to keep chicken covered with liquid. With tongs, transfer chicken to plate, and when cool enough to handle, remove meat from bones. Chop meat into bite-size pieces. Return to broth.
- Stir in lemon juice; heat through. Stir in cream. Taste, adding salt if desired.
- Into warmed soup bowls, spoon a heaping tablespoon (15 ml) rice and top with chicken chunks and broth.
- Makes 8 hearty servings, up to about 20 served in coffee cups to sample.

Notes: For the cooking demonstration at Campbell House on November 20, 2010, the broth was not strained to remove the onion and parsley. Up to 2 cups (500 ml) water was added to the broth to keep the chicken covered. No salt was added as broth was sufficiently salty. Rice was cooked in the hearth according to package directions. It might be better to cook the rice “down hearth.”

Currie Powder:

*Pound extremely fine, in a mortar, six ounces of coriander seed, three ounces of black pepper, one ounce and a half of fennigreck seed, one ounce of cumin seed, three ounces of turmeric, and three quarters of an ounce of cayenne; sift it through muslin, and put it before the fire for four or five hours, stirring it every now and then. Keep it in a bottle with a glass stopper.*

Modern Version:

In a spice grinder, whirl whole spices individually until finely ground. Pass through fine sieve, returning coarser remains in sieve to grinder and grinding again. Mix well.

Place spices in cast iron pot; toast on top of stove or down hearth over a few coals, stirring constantly, until warm and darkened, about 10 to 20 minutes. Be careful lest they burn. Let cool. Store in glass jar in a cool, dark place.

If curry powder is used frequently, make the whole batch. If for occasional use, make a half batch. For powder made for November 20, 2010, historic cooking, the cayenne was reduced to ¼ ounce.