



In From the Cold

Dinner Rolls

Turkey Mulligatawny Soup
Tomato and Mango Salad with Cilantro
Puffed Wheat Squares

TURKEY MULLIGATAWNY SOUP

Mulligatawny soup originated in India and means “pepper water”. It is based on a meat or vegetable stock and is seasoned with curry and other spices.

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| 1 medium onion, chopped | 5 cups (1.25 L) turkey stock |
| 1 clove garlic, crushed | 1/2 tsp (2 mL) salt |
| 2 tbsp (25 mL) oil | 1/2 tsp (2 mL) ginger |
| 2 tbsp (25 mL) curry powder | 1/8 tsp (0.5 mL) nutmeg |
| 2 carrots, diced | 1 1/2 cups (375 mL) diced cooked turkey |
| 2 stalks celery, sliced | 2 Golden Delicious apples, peeled and diced |
| 1 can (14 oz/398 mL) stewed tomatoes | 2 cups (500 mL) cooked rice |
| 1 can (10 oz/284 mL) cream of chicken soup | |

In a Dutch oven, saute onion and garlic in oil 2 minutes. Stir in curry powder and cook 1 minute. Add next 8 ingredients (carrots through nutmeg) and bring to a boil. Reduce heat and add turkey and apples. Simmer 30 minutes. Stir in rice and cook 5 minutes. Serves 6 - 8.

TOMATO AND MANGO SALAD WITH CILANTRO

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| 2 tsp (10 mL) balsamic vinegar | 2 cups (500 mL) tomato chunks
(1 inch/2.5 cm) |
| 2 tsp (10 mL) fresh lemon juice | 2 cups (500 mL) peeled mango chunks
(1 inch/2.5 cm) |
| 1 tsp (5 mL) sugar | 1/2 cup (125 mL) thinly sliced red onion |
| 1/2 tsp (2 mL) salt | 1/3 cup (75 mL) chopped fresh cilantro |
| 1/4 tsp (1 mL) freshly ground pepper | |
| 3 tbsp (40 mL) oil | |

To prepare dressing, whisk together vinegar, lemon juice, sugar, salt and pepper. Gradually whisk in oil. Combine tomato, mango, onion and cilantro in a bowl. Toss with dressing to coat. Serve immediately. Serves 4 - 6.

PUFFED WHEAT SQUARES

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| 3 tbsp (40 mL) cocoa | 1 cup (250 mL) brown sugar |
| 1 cup (250 mL) corn syrup | 6 - 7 cups (1.5 - 1.75 L) puffed wheat |
| 1/2 cup (125 mL) margarine | |

Combine cocoa, corn syrup, margarine and brown sugar in a saucepan; bring to a boil and boil for 3 minutes. Remove from heat and cool slightly; pour over puffed wheat. Stir until well combined. Press into a greased 9x13 inch (23x33 cm) pan. Cool completely in pan and cut into squares.