

## Spiced Mutton Soup Recipe

### Ingredients:

7 tablespoons oil  
10 shallots, peeled and sliced  
400 g mutton, cut into shreds  
1½ liters lamb or chicken stock or water  
1 cinnamon stick  
½ star anise  
4 cardamom pods  
1 teaspoon salt  
1 teaspoon freshly ground black pepper  
large handful fresh coriander (cilantro) leaves for garnish  
baguette slices, to serve

### Spice paste:

5 shallots  
4 cloves garlic  
4 slices fresh ginger  
1 teaspoon grated fresh turmeric  
1 teaspoon ground cumin  
1 teaspoon ground fennel  
2 tablespoons ground coriander (cilantro)

### Method:

Heat oil in a wok over medium-low heat. Fry sliced shallots, stirring, until crisp and golden brown, 4 to 6 minutes. Drain on kitchen paper and set aside. You can save the oil for use as a condiment. Grind spice paste ingredients until very fine and mix with mutton. Let marinate at room temperature, covered for 1 hour. Bring stock to the boil in a large pot. Add cinnamon, star anise, cardamoms, mutton with all its marinade, salt and pepper. Let it bubble vigorously for 15 minutes, then cover pot, reduce heat and simmer gently for 40 minutes, covered. Serve garnished with coriander (cilantro) leaves and chunks of French baguette.