

Bone Broth/Soup: Telangana Bokkala Rasam/Chaar

Hyderabad is the capital city of Telangana in India. In the regional language Telugu, *Bokkalu* (bones) *Rasam* (broth or soup) literally translates to bone broth/soup. This dish, typically made with lamb (mutton) bones is very flavourful. This is a 'miracle potion', a gut healer with umpteen benefits!

Who said healthy is not tasty? 😊

Ingredients:

- 1 lb (1/2kg) mutton bones (organic & grass-fed)
- 1 tablespoon ginger & garlic paste (GG paste is a must have for Indian cooking. It is very easy to make. Simply grind equal quantity of chopped ginger and chopped garlic with a pinch of salt and turmeric. Store in the refrigerator for regular use)
- 1 teaspoon red chilli powder/paprika (optional)
- 1 teaspoon turmeric powder
- 1 teaspoon coriander (cilantro) seed powder
- ½ teaspoon cumin powder
- ½ teaspoon coarsely ground pepper
- 2 teaspoon salt, or to taste
- Whole Garam Masala - 6 cloves, 4 cardamom, 2-3 one-inch cinnamon sticks (Or use 1 teaspoon ground *garam masala*)
- 1 teaspoon caraway seeds (*shah jeera*)
- 10-15 curry leaves
- 2-3 medium – sized tomatoes
- 1 bunch mint leaves (about 10 stalks), roughly chopped
- 1/2 bunch coriander (cilantro), roughly chopped
- 2 green chillies (optional)
- 1 large onion, roughly chopped
- 1 tablespoon melted *ghee* or coconut oil
- 2 Litres (67 Fl Oz) water

Directions:

Step 1: Add a **tablespoon of oil** in a heated pressure pan/pressure cooker/instant pot. Add **1 teaspoon of caraway seeds (*shah jeera*)** whole spices: **6 cloves, 4 cardamom, 2-3 cinnamon sticks** or just add ***garam masala powder*** and let it splutter on low to medium flame

Step 2: Add the **chopped onion, 2 slit green chillies** (optional) and **curry leaves**

Step 3: When the onions are lightly brown, add **1 tablespoon of ginger & garlic paste and 1 teaspoon of turmeric powder**

Step 4: Mix well and cook until the ginger & garlic paste blends into the onion and the raw flavour goes away

Step 5: Next, add **1lb mutton bones** and mix well & let it cook for about 5 minutes on medium to high flame

Step 6: Add **2-3 medium-sized chopped tomatoes & 1 bunch chopped mint leaves** and mix well for 2 minutes on medium flame

Step 7: Add **½ to 1 teaspoon red chilli powder/paprika (optional), 1 teaspoon coriander seed powder, ½ teaspoon cumin powder, ½ teaspoon coarsely ground pepper, 2 teaspoon salt, or to taste.** Mix well and allow it to cook for 2 minutes on medium flame

Step 8: Add 2 litres of water. Mix well to combine all ingredients. Cover it and pressure cook on medium flame for about 1.5 to 2 hours until the bones are chewy.

Step 9: Remove the lid once the steam goes down. Notice that the soup has reduced by about ½ a litre (16 Fl Oz), **add a bunch of roughly chopped coriander/cilantro**

Step 10: Strain the bones and serve the soup hot with a dash of lime (optional)

Note:

- The soup can be made entirely with black pepper. Add green chillies/chilli powder/paprika as per your spice tolerance
- The soup can be made with bones of your choice (organic and grass-fed)
- Add either whole spices or garam masala powder
- Recommended to cook in a pressure pan/cooker/instant pot to save on cooking time
- The strained soup can be stored in the refrigerator for a week or in the freezer for longer
- **When stored in the refrigerator the soup gelatinizes, due to the presence of Collagen. This is normal. Enjoy this delicious soup served piping hot!**
- **Enjoy your daily dose of this flavourful boost of collagen!!!**