

Ingredients

Quantity:	Measure:	Ingredients:	Description:
400	Grams	Mutton	neck or o
1	Piece	Pumpkin, White-Green	or any white veg
2	Medium	Onions	
1	Piece	Ginger (Adhrak)	
6	Teacup	Water	
2	Tablespoon	Barley Powder	or dhal.
A	Few	Mint Leaves (Pudina)	
1	Piece	Cinnamon (Dalchini)	
4	Nos.	Pepper Corns	
	As required	Salt	To Taste

Method

The meat piece chosen, should not give any color to the stock. Cut and wash the meat and put it in cold water for some time. Meanwhile, cut the vegetables and wash them. Remove the meat from the water, and place it with all the other ingredients in another vessel, in fresh cold 6 cups of water. Boil for an hour. Remove the scum and strain the stock, and add salt to taste. This is the base for white soups.