WILL MEYRICK

INDIA / NORTHERN INDIA

# ANGAMI TAMARILLO AND FERMENTED SOYBEAN SOUP

A soup from Khonoma, an Angami village in Nagaland: tamarillos (tree tomatoes) simmered with chilli, pork fat, dried leaves and fermented soybean, the umami and salt of Angami cooking. Henao taught it to Will in her kitchen.



| SERVES | PREP | COOK | TOTAL | DIFFICULTY | SPICE |
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| 4 | 15 min | 25 min | 40 min | Easy | Very hot |

## INGREDIENTS

1 l water

4 tamarillos (tree tomatoes), halved

3 to 4 fresh green chillies

40 g pork fat

2 tbsp fermented soybean

15 g dried mustard leaf

15 g dried yam bean leaf

Salt, to taste

## METHOD

1. Bring the water to the boil in a pot over high heat.
2. Add the chillies, the pork fat and the tamarillos. Simmer for 10 minutes until the tamarillos soften.
3. Stir in the fermented soybean. Add a little at a time, because it is strong, and taste as you go.
4. Add the dried mustard leaf and dried yam bean leaf. Simmer for 10 to 15 minutes more.
5. Season with salt only if needed. The fermented soybean is already salty. Serve hot.

## USEFUL SHORTCUTS FOR HOME COOKS

Fermented soybean is a strong ingredient. Start with a little. Look for Naga or Northeast Indian fermented soybean at Indian shops, or use a good miso or doenjang for a similar depth.

Tamarillos are sold in many supermarkets. Ripe red tomatoes with a squeeze of lime are a distant second.

Dried mustard greens or fresh mustard greens can replace the dried leaves.

In Khonoma, an Angami village in Nagaland, Will cooks with Henao, who teaches him two traditional dishes. This is the first one, a soup built on tamarillos, which they call tree tomatoes, and fermented soybean.Henao explains how the soybean is made. It is boiled, kept for 3 days, then wrapped in a leaf and bound. Will calls it the umami...