

PUMPKIN CURRY



Cook time: 25 Minutes

INGREDIENTS

- One green pumpkin
 - Two cloves of garlic
 - One-inch-long stick of cinnamon
 - Two green chillies
 - One teaspoon fresh ground mustard seed
 - One inch size piece of ginger
 - Teaspoon of freshly ground black pepper
 - Handful of curry leaves
 - One medium red onion
 - Two pandan leaves
 - Two tablespoons desiccated coconut
 - One tablespoon raw white rice
 - One teaspoon of turmeric powder
- One teaspoon of coriander powder
 - Two teaspoons of salt
 - Half a teaspoon of nutmeg
 - One teaspoon of fenugreek seeds
 - Two cardamom pods

PREPARATION

Wash the pumpkin and cut it into 2-inch cubes. Remove the outer tough skin with a chef's knife.

Dry roast rice and desiccated coconut separately over medium low heat until just golden.

Grind mustard seeds with salt in a mortar and pestle.

Add ground mustard, roasted rice, desiccated coconut, turmeric, coriander powder in a grinder. Pulse few seconds to grind and add half a cup of water to make a smooth paste.

Slice the onion and green chili finely. Slice ginger and garlic finely.

Coat pumpkin pieces with the seasoning blend and add just enough water to cover pumpkins. Add onions, green chili, curry leaves, ginger, garlic, pandan leaves and fenugreek seeds. Cook in a covered clay pot, in low heat until pumpkin pieces are done and soft for about twenty minutes. When pumpkins are soft add half a cup of coconut milk, cardamom pods, stick of cinnamon and nutmeg. Cover and simmer for another 10 minutes on low.

Finish with a sprinkle of black curry seasoning powder on top.