

Pumpkin Curry

Would you change this recipe when you make it at home?

Equipment:

Large frying pan with lid
Pair of spatulas
Measuring jug, cups and spoons
Knife
Chopping board and mat
Garlic press
Grater
Mortar and pestle
Peeler (optional)
Bowls and containers
Serving bowl
Serving spoon



Ingredients

1 ½ Tbsp oil
Collection of ingredients prepared by the previous class

1 Tbsp honey
2 tsp ground turmeric
2 tsp coriander seeds, ground
1 tsp cumin seeds, ground
Another 2 tsp oil
1/4 tsp salt
1/3 cup hot water (from the tap)
1 small can coconut cream/milk

1/2 medium red onion, finely diced
1 Tbsp freshly grated ginger
4 garlic cloves, minced
1/2 red capsicum, seeds removed, diced
1 large chunk pumpkin, peeled and cut into 2cm dice
1 small head broccoli, stem peeled and chopped, head cut into florettes

For garnish

Fresh herbs, pumpkin seeds, lemon wedges



Method:

Remember to clean up your workstation as you go

“Tsp” = teaspoon. Tbsp or Tbs (with a “b”) = tablespoon

1. Heat a large frying pan with the oil over medium heat. Place one small piece of onion in the oil. When it sizzles, it is ready.
2. Add onion and capsicum. Sauté for 2-3 minutes, stirring frequently.
3. Add ginger, garlic, turmeric, cumin and coriander seeds and stir. Turn the heat down if the base of the pan starts to catch.
4. Add another 2 tsp oil and mix thoroughly. Cook for 2 minutes more.
5. Add pumpkin, broccoli and hot water, and stir. Cover and return to boil.
6. Add coconut milk, honey, and salt. Stir. Bring to a simmer over medium heat.
7. Once simmering, reduce heat to low and cover. You want a simmer, not a boil.
8. Cook for 10 minutes with the lid on, stirring occasionally, scraping stuck food off base of the pan. Return lid between stirs.
9. **Meanwhile, prepare the ingredients for the next class according to the ingredients list, as the previous class has done for you.**
10. It is cooked when pumpkin is soft. Serve into serving bowl, and add garnishes and serving spoon.