



Pumpkin Curry

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

<p>Equipment:</p> <p>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</p> 	<p>Ingredients</p> <p>1 ½ Tbsp oil Collection of ingredients prepared by the previous class</p> <p>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</p> <p>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 bunch leafy greens, shredded</p> <p>For garnish Fresh herbs, pumpkin seeds, lemon wedges</p>	
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Method:

Remember to clean up your workstation as you go

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

“Simmer” is not quite hot enough to boil

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