

Herbal Legacy Recipes

Pumpkin Curry

Recipe from vegweb.com

INGREDIENTS:

- 1/2 chopped peeled small pumpkin
- 1 can coconut milk
- 1 onion, chopped
- 3 cloves of chopped/crushed garlic
- 1/2 teaspoon cumin
- 1/2 teaspoon ground coriander
- * garam masala
- chili powder or chopped/minced fresh chili
- rice and turmeric



DIRECTIONS:

1. Sauté garlic and onion in cumin, coriander, garam masala and chili. Add coconut cream and chopped pumpkin.
2. Simultaneously cook the rice adding some turmeric to it for color.
3. Bring coconut milk/pumpkin mixture to the boil and let simmer until pumpkin is soft and cooked.
4. Season to taste though it is good hot!

Sweet potato may be substituted for pumpkin as it is hard to get in some places. Serve with rice and salad.

*Garam masala is a basic blend of ground spices common in Indian and other South Asian cuisines. Some common ingredients are black & white peppercorns, cloves, malabar leaves, long pepper (also known as pippali), black cumin (known as shahi jeera), cumin seeds, cinnamon, black, brown, & green cardamom, nutmeg, star anise and coriander seeds. (Wikipedia)

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