

Good Enough 2 Eat

TELEVISION ABOUT FOOD, GOOD FOOD. FOOD GOOD ENOUGH TO EAT!



www.goodenoughtoeat.net

Curried Pumpkin

Pumpkin belongs to the same family as the squash, the melon and even the cucumber. They are a vegetable that grows on vines and produce large yellow flowers with prickly leaves. The versatility of the pumpkin never ceases to amaze me. They can be used as a vegetable in soup or in desserts. They can be baked, steamed or cooked over fire with the skin on. The flesh of the pumpkin provides a rich source of carotene, which is converted to vitamin A in the body. Pumpkins are also a good source of vitamin C and provide dietary fibre and potassium as well as some iron. Here's a fast and delicious pumpkin curry. This dish is simple to make and goes well with meat or fish, or served deliciously on its own as a vegetarian main course.

Begin by choosing a piece of pumpkin. You'll need about 500 to 600 grams. There are a number of varieties to choose from including Queensland Blue, Butternut or Japanese. These are all good enough to use with this dish, but I prefer the Japanese as it is firmer and the lovely deep orange coloured flesh looks great when mixed with the curry. Choose a piece from a bright and well coloured pumpkin which is not broken or cracked and doesn't have soft spots or scarring on the skin. To prepare, you'll need a sharp heavy based knife. Cut the vegetable in half and into quarters. Start by slicing the rind off the pumpkin and then cut the flesh into even bite-sized cubes. The size of your pieces will depend on how you want to use the dish. Larger wedge sized pieces are better if you're making the dish into a main meal. Either way, you need consistently cut pieces to ensure they are cooked evenly.

You'll need:

The other ingredients in this dish include; 1-2 tablespoons of your favourite curry paste.

2 large cloves of garlic finely chopped.

10 grams of ginger finely chopped.

Enough water to cook the pumpkin evenly.

1 tablespoon of tomato paste.

1 tablespoon of sugar.

Salt to taste.

Here's what to do:

Heat a large heavy based frying pan half full of water. Place the pumpkin cubes into the water and simmer until tender but still firm to touch. Test by stabbing the pieces with a fork until it glides in smoothly and can be lifted from the pan without falling off. When ready, drain the pumpkin keeping some of the water aside. Reheat the frying pan and warm the oil. Add the curry paste and mix with the oil; add the garlic and ginger. Shallow fry on a low heat until tender, watch that you don't burn the paste – add more oil if necessary. Mix the contents into a paste adding some of the pumpkin-water and then add the tomato paste and sugar. Stir vigorously letting the sugar caramelise slightly over a low heat. Remove the frying pan from the heat and stir through the pumpkin until evenly coated. Serve immediately. This really is good enough to eat!