

Indian Pumpkin Curry

Equipment:	Ingredients:
Chopping board	1/2 cup melted ghee or vegetable oil
Knife	6 cups diced pumpkin
Measuring cups and spoons	3 teaspoons ground cumin
Large frypan	3 teaspoons ground chilli
Small frypan	1/2 teaspoon ground turmeric
	3 cups coconut milk
	Salt and freshly ground black pepper
	5 teaspoons black mustard seeds
	12 curry leaves
	3 small fresh hot green chillies

What to do:

1. Heat all but 2 tablespoons of the ghee or oil in a large saucepan. Fry the pumpkin with the cumin, ground chilli and turmeric for 1 minute.
2. Add the coconut milk, salt and pepper, cover and simmer for 10 minutes, or until pumpkin is tender and the liquid is absorbed.
3. In a small frypan, heat the remaining ghee and stir-fry the mustard seeds, curry leaves and whole green chillies for a few minutes until fragrant.
4. Place the pumpkin in a serving dish and pour the spiced ghee over.
5. Serve the curry warm.