

# Pumpkin curry (Wattaka Kalu Pol)

**Difficulty:** moderate

**Type:** Main

**Allergy advice:** **Fructose**

**Serves:** 15-18 tastes

**Cuisine:** Sri Lankan

**From the garden:** Pumpkin, chillies, garlic

**Season:** Autumn

## Equipment

- Measuring jug, cups and spoons
- Chopping boards and mats
- Cooks knives
- Large mixing bowl
- 2 wooden spoons
- Large heavy based saucepan with lid
- Small frying pan
- Mortar and pestle
- 2 serving bowls

## Ingredients

- 1 medium pumpkin, peeled and cut into 2cm cubes
- 1 tbsp curry powder
- ¼ tsp chilli powder
- ½ tsp turmeric
- ½ tsp salt
- 1 tbsp sunflower oil
- 1 red onion, finely sliced
- 1 long green chilli, finely sliced
- 2 garlic cloves, finely sliced
- ½ tsp black mustard seeds
- 10 curry leaves
- ½ tsp fenugreek seeds
- 1 cinnamon stick
- 2 cardamom pods
- 400 ml coconut milk
- ¼ cup water

## For dry roasting:

- 1 tbsp short grain rice
- ½ cup desiccated coconut

**What to do:**

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Combine the pumpkin, curry powder, chilli powder, turmeric and salt in the large bowl, and mix well to coat the pumpkin.
3. Heat the oil in the large saucepan on medium-high heat.
4. Fry the onions in the oil until translucent, stirring often.
5. Put the green chillies, garlic, mustard seeds, curry leaves, fenugreek seeds, cinnamon stick and cardamom pods into the saucepan, fry until fragrant.
6. Add the spiced pumpkin to the saucepan and mix through.
7. Pour the coconut milk and water into the saucepan to cover the pumpkin. Stir to distribute the flavours.
8. Bring to the boil, lower the heat and simmer for about 15 minutes or until the pumpkin is tender. Stir occasionally.

**To dry-roast the coconut:**

1. Toast the rice in a small frying pan, stirring continuously on a medium-high heat, until lightly golden.
2. Add the desiccated coconut and continue stirring until the coconut becomes golden brown and fragrant.
3. Put the dry roasted rice and coconut into the mortar and pestle, and grind into a fine powder.

**To serve:**

1. Tip the ground rice and coconut carefully into the hot, cooked pumpkin curry, and stir until the curry thickens slightly.
2. Serve the curry in the prepared serving bowls.

