

Recipe: Pumpkin, Potato, Sweet Potato, Cauliflower & Greens Red Curry

Volunteer notes.

This curry has coconut & chillies>re Allergies

The red curry paste is vegan (no balachan-fish)

From our garden: Pumpkin, purple Congo potatoes, chard, pumpkin, silver beet, herbs

What to collect	What to do
Motor & pestle 3 x garlic cloves, skin off 3 cm x ginger- peel & rough chop 3 cm x turmeric- peel & rough chop 1 x stick lemongrass-white only-cut finely. Reserve the rest to dry for tea) 1 x brown onion- peeled & rough chop 1x thick wide pot 4 x tblsp vegetable oil	Prepare the aromatics (onion/ginger/turmeric/lemongrass/garlic) and pound them in mortar & pestle to a fine paste. Heat vegetable oil in wide pot & cook out paste on medium heat for 5 minutes.
1 x tbsp red curry paste-check ingredient list 1 tin x coconut cream 50 gm palm sugar or coconut sugar 40 ml soy sauce 200 ml water	Add red curry paste & stir again. Add water & coconut cream, gently bring to the boil, and then simmer. Taste, then add more red curry paste if needed. Add soy sauce & palm sugar and taste
500 gm Pumpkin, skin off, diced into 2 cm 300 gm Sweet Potato-peeled, diced into 2 cm 300 gm Scrubbed Purple Congo potatoes diced into 2 cm Cauliflower-small florets 10 x leaves-Silver-beet & Chard, washed & sliced finely	Add peeled and diced pumpkin & Sweet potato, cut Purple Congo to the sauce. Bring to the boil & then simmer for 15 minutes. Test the vegetables are cooked thru. THEN Add greens & cauliflower 5 minutes before serving.

Kitchen Garden at Collingwood College 2019, Term 4

<ul style="list-style-type: none">• Coriander• Mint 1/2 - handful	Pick big sprigs of herbs and wash & spin-dry. Set aside for garnish.
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- Once sauce has been made and the taste adjusted, add the vegetables in order of cooking time. All up the curry should take another 20 min's to cook.
 - Divide curry into 3 bowls and garnish with heaps of coriander & mint
 - Serve with large spoons.
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