

# Wattaka Kalu Pol (Pumpkin Curry)

**Season:** Autumn

**Makes:** 30 tastes in the classroom  
or 6 at home

**Fresh from the garden:** curry leaves, garlic, green chillies, pumpkin, red onion

**Note:** The subtle roast flavour of this spicy curry comes from it being thickened with dry-roasted rice and coconut.

## Equipment:

metric measuring jug, cups  
and spoons  
clean tea towel  
chopping board  
cook's knife  
large bowl  
wooden spoons  
large heavy-based saucepan with lid  
small frying pan  
mortar and pestle  
serving bowl

## Ingredients:

### For the curry:

1 medium pumpkin, skin on, cut into  
2 cm chunks  
2 tbsp curry powder  
¼ tsp chilli powder  
1 tsp turmeric  
1 tsp salt  
2 tbsp sunflower oil  
2 red onions, finely sliced  
2 long green chillies, finely sliced  
4 garlic cloves, finely sliced  
1 tsp black mustard seeds  
20 curry leaves  
½ tsp fenugreek seeds  
1 cinnamon stick  
3 cardamom pods  
400 ml coconut milk  
½ cup water

### For dry-roasting:

2 tbsp short grain rice, uncooked  
½ cup desiccated coconut

## What to do:

1. Prepare all the ingredients based on the instructions in the ingredients list.

## To make the curry:

1. Combine the pumpkin, curry powder, chilli powder, turmeric and salt in the large bowl, and mix to coat the pumpkin.
2. Heat the oil in a large heavy-based saucepan on medium-high heat.

3. Fry the onions in the oil until translucent, stirring often.
4. Put the green chillies, garlic, mustard seeds, curry leaves, fenugreek seeds, cinnamon stick and cardamom pods into the saucepan. Fry until fragrant.
5. Add the spiced pumpkin to the saucepan and mix through.
6. Pour the coconut milk and water into the saucepan to cover the pumpkin. Stir to distribute the flavours.
7. Bring to the boil, lower the heat, and simmer, covered, for 20–25 minutes or until the pumpkin is tender. Stir occasionally.

**To dry-roast the rice and coconut:**

1. Toast the rice in the 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 a bowl.

