

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

Volunteer notes.

This curry has coconut & balachan (fermented fish paste)-re Allergies

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

What to collect	What to do
Motor & pestle 3 x garlic cloves, skin off 5 cm x ginger- peel & rough chop 3 cm x turmeric- peel & rough chop 2 x lemongrass -white part 5 cm/rough chop (save end for tea) 2 x brown onions, peeled & rough chop 1x thick wide pot 4 x tblsp vegetable oil	Prepare the aromatics 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 (has fish in it) 1 tin x coconut cream 50 gm palm sugar 40 ml soy sauce 100 ml water OR optional>vegetable/chicken stock)	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
700 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 10 x leaves-Silver-beet & Chard, washed & sliced finely Snow Peas if available	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 5 minutes before serving.
<ul style="list-style-type: none">• Vietnamese mint – handful• Mint 1/2 - handful	Pick big sprigs of herbs and wash & spin-dry. Set aside for garnish.

Kitchen Garden at Collingwood College 2018, Term 4

- Once sauce has been made and the taste adjusted, add the vegetables in order of cooking time. All up the curry should take another 15-20 min's to cook.
 - If you need more sauce, see Desley before adding more liquid.
 - Divide curry into 3 bowls and garnish with heaps of Vietnamese mint and mint.
 - Serve with large spoons.
 - **Remember the curry has a small amount of fish in the paste (re vegetarians, vegans and allergies)**
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