

Kitchen Garden at Collingwood College -2018

Name of Recipe: Dips

START THE PUMPKIN DIP 1ST

| What to collect | What to do |
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| <p><u>PUMPKIN DIP</u></p> <p>500 gm Pumpkin (cut small pieces)</p> <p>1/2 x cup red split lentils</p> <p>Balsamic vinegar</p> <p>1 tblsp brown sugar1 garlic</p> <p>Ginger (small knob peeled)-grate with microplane</p> <p>1tsp <i>Malay</i> curry powder</p> <p>Salt/pepper</p> <p>60 ml XV Olive oil</p> <p>1 pot</p> <p>1 food processor</p> | <ul style="list-style-type: none">• In a medium pot, put in chopped pumpkin, cut garlic, grated ginger with oil. Sauté gently 3-5 minutes• Add brown sugar, 2 x tblsp balsamic vinegar, 1/2 x cup red lentils and curry powder. Stir well while cooking.• Add enough water to just cover. Boil rapidly until very soft and all liquid is evaporated. <p>Puree pumpkin mix.</p> <p>. Taste then season with salt/pepper.</p> <ul style="list-style-type: none">• TASTE AGAIN <p>Divide.</p> |