

Autumn Harvest Curry

Season: Autumn

From the garden: Garlic, chilli, ginger, pumpkin, potato, carrot, spices

Type: Main

Difficulty: Easy

Serves: 6 adult serves or 24 small tastes

Recipe source: Sarah Rae, former Kitchen Specialist at Edendale Primary School

Equipment

- Measuring scales
- Chopping board
- Chefs knife
- Spoon
- Large bowl
- Vegetable scrubber
- Large deep sided pan
- Small bowl
- Measuring spoons

Ingredients

- 400 grams pumpkin
- 400 grams potatoes (about 3 medium)
- 2 medium carrots
- 2 onions
- 4 garlic cloves
- 4 cm piece of ginger
- 1 red chilli
- 4 tablespoons cooking oil
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- 2 teaspoons mustard seeds
- 1 teaspoon ground tumeric
- 3 cardamon pods
- 800 grams tinned tomatoes (2 tins)
- 2 teaspoons salt

How to make it:

1. Measure and peel the pumpkin, discarding the seeds if any. Carefully cut the pumpkin into bite-sized 2 cm cubes and place into a large bowl.
2. Scrub the potatoes and remove any eyes or blemishes with the end of a peeler. Chop the potatoes into bite-sized pieces and add to the bowl with the pumpkin.
3. Wash the carrots, chop into 2 cm pieces and add to the bowl.
4. Peel the onion and rinse to remove acid. Finely chop the onion. Heat the oil in a pan over a medium heat. Add the onion to the pan and fry for 2 minutes or until it is starting to brown.
5. Peel and finely slice the garlic and ginger and add it to the onion in the pan.
6. Very carefully finely slice the chilli and it to the onion mixture also. **Make sure you wash your hands thoroughly after you have sliced the chilli!**
7. Measure all of the spices into a small bowl then add to the pan with the onions and garlic and stir for 2 minutes.
8. Now add the potatoes, carrots and pumpkin to the onion and spice pan and sauté for a couple of minutes.
9. Add the tins of tomatoes and simmer for 10 minutes. You may need to add a little water to cover the vegetables. Stir every couple of minutes to prevent sticking.
10. Season with salt to taste and ladle into bowls. Serve with flatbread or rice. Garnish with a dollop of yogurt and kale crisps.



Gluten Free - check spices

Dairy free - omit yoghurt garnish

Egg free

Skills:

Peel, cut, scrub, chop, slice, sauté*, simmer

“Sauté” is a French word meaning to quickly fry in a small amount of oil. It is commonly used in recipes.

Notes:

- This delicious curry is a great way to make a warming dish out of the autumn produce from the garden. The flavour comes from the combination of spices.
- One of the easiest ways to peel ginger is to use a teaspoon. Just scrape the skin away. If chopping finely is tricky, you can grate the ginger using the fine side of the grater. There is no need to peel the ginger when you are grating it.
- If you can find them, remove the cardamom pods before serving. If you can't find them, they might be a bit of a surprise for the lucky recipients.
- Why not try chopping and adding some winter greens (such as kale or cavolo nero) to your curry? They can be added just a few minutes before serving.