

# Pumpkin Masala

Itsi Weinstock - adapted from Vah Chef

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## Preparation 1

1. Dice a **butternut pumpkin** and small **sweet potato** into 1cm pieces without peeling.

## Cooking 1

1. Add 2tsp of **urad dal** to 2tbsp **oil** in a large pan (with a lid), and bring up to medium heat, lightly toasting the dal (about 5 minutes).

## Preparation 2

2. Dice 1 **onion**
3. Make a paste of 3 **garlic cloves** and 1 inch of **ginger**.

## Cooking 2

2. Add 2 tsp **mustard seeds** and 1 tsp **cumin seeds**. When starting to splutter, quickly rip 2 **dried chillies** into the pan, then add 1/4 tsp of **fenugreek seeds** and 1/4 tsp asafoetida.
3. Quickly add the onion and saute until translucent.
4. Add 1/4 tsp **turmeric**, 10 **curry leaves**, and the **ginger-garlic paste**, frying until fragrant (about 30 seconds).
5. Add the **pumpkin** and **sweet potato**. Cook for 5-10 minutes, sometimes mixing until there is a bit of browning.
6. Add 1 tsp each of **cumin powder**, **coriander powder**, and paprika. Stir the powders in.
7. Splash in a bit of water, then put a lid on the pan to steam. Cook for 10-20 mins until the desired consistency is almost reached (whole cooked pieces up to complete mash).
8. In a separate small pot, combine 2 tbsp of **chickpea flour** with 1 tbsp of oil. bring to medium heat, stirring until the flour has turns brown and releases a nutty smell.
9. When the pumpkin is almost ready, add the chickpea flour and 2 tbsp **dried fenugreek leaves**, then steam for a further 4 minutes.
10. Add 1 tsp **garam masala**, mix and turn off heat.
11. Chop and mix in a small bunch of **coriander leaves**.

## Note

Add salt early at cooking step 3 for mushy consistency, or step 9 to preserve cube shapes.

## Servings: 4

### Ingredients:

1 medium	<b>butternut pumpkin</b>
1 small	<b>sweet potato</b>
1	<b>onion</b>
3 cloves	<b>garlic</b>
1 inch	<b>ginger</b>
small bunch	<b>coriander leaves</b>
2 tsp	<b>urad dal</b>
2 tsp	<b>chickpea flour (besan)</b>
10	<b>curry leaves</b>
2 tbsp	<b>dried fenugreek leaves</b>
2 tsp	<b>mustard seeds</b>
1 tsp	<b>cumin seeds</b>
2	<b>dry red chillies</b>
1/4 tsp	<b>fenugreek seeds</b>
1/4 tsp	<b>asafoetida</b>
1/4 tsp	<b>turmeric</b>
1 tsp	<b>garam masala</b>