



Stuffed Green Chillies p.328

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### Kumhare ki Subzi Dry Spicy Pumpkin

Origin Awadh  
Preparation time 15–30 minutes  
Cooking time 30 minutes  
Serves 4

3 tablespoons vegetable oil or ghee  
1 teaspoon fenugreek seeds  
1 teaspoon cumin seeds  
1½ teaspoons chilli powder  
1 teaspoon ground turmeric  
2 teaspoons ground coriander  
2 teaspoons amchoor  
2–3 green chillies, de-seeded and chopped  
500g / 1lb 2oz (4 cups) pumpkin, peeled, de-seeded and cut into cubes  
2 teaspoons sugar  
salt

#### To garnish

whole green chillies  
few coriander (cilantro) leaves

Heat the oil or ghee in a large, heavy-based pan over low heat, add the fenugreek and cumin seeds and stir-fry for about 3–4 minutes, or until they start to splutter. Add the remaining spices and stir-fry for about 7 minutes.

Add the green chillies and the remaining ingredients and mix well. Cover and cook for about 15–20 minutes, or until the pumpkin is tender. Remove from the heat and mash well with a wooden spatula or potato masher. Garnish with green chillies and coriander leaves.

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### Sitaphal ki Subzi Pumpkin Curry

Origin Awadh  
Preparation time 20 minutes  
Cooking time 10–15 minutes  
Serves 4

500g / 1lb 2oz (4 cups) pumpkin, peeled and cut into 5-cm / 2-inch pieces  
pinch of ground turmeric  
4 teaspoons vegetable oil  
1 teaspoon mustard seeds  
1 teaspoon urad dal, rinsed and drained  
2 dried red chillies  
100g / 3½oz (½ cup) jaggery, crumbled, or soft brown sugar  
4 tablespoons grated fresh coconut  
4 tablespoons rice flour  
salt

Put the pumpkin in a large pan of boiling salted water, add the turmeric and cook, stirring frequently, for about 10–15 minutes, or until soft but not overcooked and mushy.

Heat the oil in a large frying pan over medium heat, add the mustard seeds, urad dal and dried red chillies and stir-fry for about 1 minute, or until the mustard seeds start to splutter. Add the boiled pumpkin and jaggery or sugar. When the jaggery begins to dissolve, add the grated coconut and rice flour. Cook for about 5 minutes, turning the vegetables over a few times, until the pumpkin is tender. Remove from the heat and serve.