

Yellow Curry with Roast Pumpkin

Season: Spring/Summer

Serves: 30 tastes in the classroom
or 6 at home

Fresh from the garden: garlic, lemongrass, pumpkin, shallots, soft-leaved herbs (coriander, Thai basil or Vietnamese mint), yellow capsicum

Recipe source: Daniel Crossman

Equipment:

metric measuring scales,
cups and spoons
clean tea towel
chopping board
cook's knife
baking dish
food processor
small bowl
colander or strainer
heavy-based saucepan
wooden spoon
serving dish

Ingredients:

For the roast pumpkin:

1 medium Japanese pumpkin,
skin removed and cut into wedges
50 ml vegetable oil

For the yellow curry paste:

10 dried red chillies
1 yellow capsicum, stem and seeds
removed, roughly chopped
4 shallots, peeled and chopped
6 cloves garlic, peeled and chopped
2 stalks lemongrass, white part only,
finely chopped
1 tsp shrimp paste

For the yellow curry sauce:

1 tbsp tamarind
60 ml hot water
200 ml coconut milk
4 tbsp **yellow curry paste**
1 L vegetable stock
50 g palm sugar
2 limes, juiced
coriander, Thai basil or Vietnamese
mint, to garnish

What to do:

1. Preheat the oven to 180°C.
2. Prepare all of the ingredients based on the instructions in the ingredients list.

To roast the pumpkin:

1. Toss the pumpkin lightly in vegetable oil and roast in the oven for 30–40 minutes.

To make the yellow curry paste:

1. Blend all the curry paste ingredients together in a food processor until smooth.

To make the yellow curry with roast pumpkin:

1. Soak the tamarind in the hot water, in a small bowl. Once the mixture has cooled, massage it with your fingers so that the pulp dissolves in the water.
2. Strain and reserve the liquid, and discard the seeds and fibres.
3. Pour the coconut milk into the saucepan and cook until the coconut milk begins to separate.
4. Stir in the curry paste as soon as the coconut milk starts to separate.
5. Add the vegetable stock and simmer for 30 minutes.
6. Season the curry sauce with the tamarind water, palm sugar and lime juice.
7. Add the pumpkin to the curry sauce, stir well and remove from the heat. The sauce should taste slightly sour and sweet.
8. Garnish with the coriander, Thai basil or Vietnamese mint before serving.

