

Guyanese Pumpkin Curry

Ingredients (to serve 3 people):

1 pumpkin
leaves from one cauliflower
curry powder- 2 dessert spoons (or to taste)
ginger- add a pinch at a time (to taste)
chicken stock cube
2 cloves of garlic
2 small onions
pepper sauce/chilli (optional and to taste)

Method:

Peel and chop pumpkin into cubes/chunks. Chop and fry onions and garlic in wok. Add pumpkin and enough water to cover. Boil down and keep stirring until pumpkin is soft.

Add stock, curry powder, ginger and pepper. Add gradually and make sure you keep tasting! Before pumpkin is too mushy, add cauliflower leaves. They should take just a few minutes to soften down. Serve with rice, roti or naan.