



PUMPKIN
CURRY

FROM CK FARM
LOUISVILLE, KY
(502) 294-5981



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Pumpkin Curry

Prep time: 15 minutes

Cook time: 20 minutes

Servings: 4

INGREDIENTS

- ¼ of a large or one small pumpkin
- 4-5 cloves of garlic
- 1 tsp fenugreek seeds
- 2-3 tbsp butter
- 1 tsp bara masala spice mix (cumin, black caraway, fenugreek, fennel, coriander)
- ½ tsp turmeric
- 1 tsp salt
- 1 tbsp fresh ginger root

DIRECTIONS

1. Cut pumpkin into chunks and peel, wash
2. Peel red onion and cut into thin strips
3. Add 2-3 tbsp butter to pan and saute onions on medium heat for about 1 minute
4. Add pumpkin pieces, 1 tsp fenugreek seeds, 1 tsp bara masala mix, ½ tsp turmeric, and 1 tsp salt and stir to combine
5. Saute for about 10 minutes, keeping some water in the pan to keep from burning
6. Peel and grate a small ginger root, and add about 1 tbsp in the last 3 minutes of cooking
7. Mince 4-5 cloves of garlic and add in the last 3 minutes of cooking
8. Enjoy!

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