

# PUMPKIN CURRY

RECIPE FROM BHAGI  
KALIKOTE

## Ingredients:

- 1 Pumpkin
- 1/2 onion
- 3 tbs oil
- 1/2 tsp salt (plus more to taste)
- 1/4 tsp chili powder
- 1/2 tsp cumin
- 1 tbsp tumeric
- 1/2 tsp gram masala
- 1/4 tsp ground ginger
- 3 cloves of garlic
- 1 cup of water (or more as needed)
- Cilantro (optional)



COOPERATIVE EXTENSION

University of  
Kentucky  
College of Agriculture,  
Food and Environment



CATHOLIC  
CHARITIES  
OF LOUISVILLE, INC.  
PROVIDING HELP. CREATING HOPE.



## Directions:

1. Wash pumpkin, remove the skin and seeds, and then cut it into bite-sized pieces.
2. Heat oil in a large pot over medium high heat.
3. Add chili powder, cumin, turmeric, garam masala, ground ginger, and salt to the pot. Sauté for a minute until the spices are fragrant.
4. Add sliced onions and garlic and sauté until onions are tender.
5. Add pumpkin and mix so that the pumpkin is completely coated in the oil and spices.
6. Add one cup of water (or more as needed).
7. Once it starts to boil, lower the heat to low and let it simmer for 30-60 minutes, stirring occasionally. Add more water as needed to reach the desired consistency.
8. Once the pumpkin becomes soft and mushy, serve the curry over rice. Garnish with torn cilantro.