



Demuths

Burmese Pumpkin Curry

This is a recipe that was inspired by a wonderful trip to Myanmar in 2016. It has a lovely sour taste from the tamarind and you can use whichever squash you like and it is also lovely with cashews instead of the traditional peanuts.

450g pumpkin peeled and cut into cubes
50g tamarind block
1 small onion, chopped
2 tbsp peanut oil or sunflower oil
2 garlic cloves, finely chopped
1 tbsp chopped ginger
1- 2 small green chillies, chopped
1/4 tsp ground turmeric
Pinch of salt
100g roasted and peeled peanuts
large handful coriander, chopped

Soak the tamarind in 200ml boiling water for 15 minutes, then press the tamarind through a sieve and keep the tamarind water.

Fry the onion in the oil until translucent, then add the chopped garlic, ginger, chilli and turmeric and stir-fry until fragrant.

Add the pumpkin cubes and stir-fry.

Add the tamarind water and top up with just enough water to cover the pumpkin.

Simmer for 15 minutes until the pumpkin is tender but still holding its shape.

Season to taste with salt.

Add the peanuts and to serve stir through the coriander.

Serve with rice.

Tip:

Buy raw peanuts and roast them in a hot oven for 5 minutes and then the skins will rub off easily. As an alternative to peanuts use cashews.

"I was lucky enough to visit Myanmar in 2016 when the country was full of optimism for the future. It was a recipe I enjoyed teaching at Demuths Cookery School. I'm now retired and walk everywhere, still love cooking and have taken up Ceramics."



RACHEL DEMUTH
DEMUTH'S COOKERY SCHOOL - BATH

pictures by Rob Wicks of Eat Pictures