

Rasta Mama's Kitchen Pumpkin Curry Stew

(serves 4-6 people)

Ingredients:

2 white potatoes, peeled
2 large carrots, peeled
2 onion, chopped
1 whole head of garlic, diced
1 pumpkin (Kabocho or butternut squash)
6 inches fresh ginger (3 inches mashed, 3 inches peeled and grated small)

Spices:

3 Tbsp curry powder
1 Tbsp ground cumin
1 Tbsp garlic powder
1 tsp black pepper
2 tsp turmeric
2 tsp dried thyme
1 bay leaf
1 cube of veggie bouillon
2 tsp veggie base
¼-½ tsp salt (according to your taste)
4 cups ginger tea (make fresh – see below)
2 cups water
5 Tbsp coconut oil

Instructions:

Take 3 inches of ginger and smash it until it is broken up and flat. Place this into a small pot with 4 cups of water. Place the lid on and allow it to steep until it's a rich dark yellow color (the darker the color the spicier the curry will be, so if you do not want it too spicy let it boil for 10min). Take a large pot, place the coconut oil in it and allow it to cook down. Once the oil has cooked down you are now going to "burn" your curry. Place in curry powder, turmeric and cumin and allow to cook on low for 5 minutes, then add in all the other spices except salt and the veggie base (those two are going to be added in closer to the end). Once those are all in the oil simmering take the ginger tea you just created and put it into the pot where you have the spices. Turn up the heat to medium high for 10 min and let cook. At this time, put in the 3 inches of grated ginger and all of the garlic into the pot. Take the rest of the veggies and only put in half of each. Place the lid on the top of the pot and wait until the veggies become soft. Once the veggies are soft, mix well and add in two cups of water and the rest of the veggies, veggie base and salt. Place the lid on the pot and allow those veggies to get soft. Take off the lid and allow it to reduce. When the stew is reduced, take a spatula and scrape the sides and bottom of the pot. Do not stir but fold your stew.