RIVERS

Pumpkin curry with turmeric, coconut milk, and cauliflower served with spicy cilantro sauce and tamarind-date chutney

Francis Guzmán

VIANDA RESTAURANT

Lucía Merino

LUCIA PATISSERIE

Pumpkin curry with turmeric, coconut milk, and cauliflower served with spicy cilantro sauce and tamarind-date chutney

UTENSILS NEEDED

- Heavy bottom pot (preferably stainless steel or cast iron)
- Wooden spoon
- Blender
- Fine mesh colander

SERVES

Approximately 4 people

TIME

1.5 hour preparation time + 20 minutes cooking time and assembly of ingredients

OPTIONAL INGREDIENT SUBSTITUTIONS AND/OR ADDITIONS:

Butternut squash is a good substitute for the pumpkin

To this recipe you can add any protein such as pork, lamb or shrimp.

Recipe is gluten free, lactose free

Pumpkin curry

INGREDIENTS

- 2 ounces curry paste – included in box *(it is not necessary to buy this ingredient)
- 3 garlic cloves, minced
- 1 small red onion, small dice
- 4 ounces Pumpkin-Carrot Puree *(recipe below)
- 16-24 ounces Vegetable Stock *(recipe below)
- 12 ounces cubed pumpkin
- 8 ounces cauliflower florets
- 8 ounces coconut milk
- 1 tablespoons Cilantro Sauce *(recipe below)
- 1 tablespoon Tamarind-Date Chutney *(recipe below)
- 4 cups of plain white rice

GARNISH

- Thai basil, cilantro, mint
- Crushed peanuts
- Yogurt for the pumpkin curry (optional but highly recommended)

PREPARATION BEFORE THE EVENT

- Measure and cut ingredients prior to event.

PROCEDURE

Step 1
Heat vegetable oil in a pan over medium-high heat. Once the oil is hot, add garlic and onions, and sauté for a minute.

Step 2
Add the curry paste and cook for about 5 minutes on medium heat.

Step 3
Add vegetable stock and pumpkin puree, bring the curry to a high simmer, and cook for about 5 minutes.

Step 4
Add coconut milk. Cook for about 2 minutes gently on a low simmer.

Step 5
Add pumpkin and cauliflower. Cook until vegetables are tender, about 6-8 minutes. Do not boil the vegetables, you want to cook them gently on a low simmer. You will know when they're done when you taste them.

Step 6
While the pumpkin and cauliflower are cooking prepare the white rice.

Step 7
Serve the curry in a large serving bowl and drizzle the cilantro sauce and tamarind-date chutney as desired. Garnish with herbs, lime, crushed peanuts, and yogurt.

Pumpkin and carrot puree:

INGREDIENTS

- 1 teaspoon canola oil
- 2 cups thinly sliced carrot
- 1 cup small-diced pumpkin
- 1 cup thinly sliced onion
- 1 tablespoon minced garlic
- 1 tablespoon minced ginger
- 1 teaspoon madras curry powder
- 1 tablespoon coriander seed
- 1 tablespoon cumin seed
- 1 cup carrot juice (can be substituted with water)

PREPARATION BEFORE THE EVENT

- Measure and cut ingredients prior to event.
- This recipe can be made a day in advance.

PROCEDURE

Step 1
In a large saucepan, heat the canola oil on medium-high heat. Add the ginger, garlic, and onion and cook for about 3-4 minutes or until fragrant.

Step 2
Lower the heat to a medium-low heat. Add the spices, pumpkin, and carrots. Stir frequently until vegetables are tender. *If you see the pan getting too dry add a little water to avoid scorching the bottom of the pan.

Step 3
Add the carrot juice. Cook until vegetables are somewhat dry and falling apart. Place vegetables in a blender and puree. (Add additional carrot juice or water if necessary to get the blender going)

Vegetable stock:

INGREDIENTS

- 2 onions, large dice
- 2 celery stocks, large dice
- 1 fennel, large dice
- 1 carrot, large dice
- Garlic
- Bay leaf
- 32 ounces of water

PREPARATION BEFORE THE EVENT

- Measure and cut ingredients prior to event.
- This recipe can be made up to two days in advance.

PROCEDURE

Step 1
Place all ingredients in a pot and cover with water. Low simmer for about 30 minutes.

Step 2
Strain and cool down.

Tamarind-date chutney:

INGREDIENTS

- 1 cup dates, pitted
- ½ cup tamarind, de-seeded
- 1 cup water
- 1 teaspoon brown sugar
- 1 teaspoon chili powder
- 1 teaspoon cumin powder
- 1 teaspoon ginger powder
- Salt, to taste

PREPARATION BEFORE THE EVENT

- Measure and cut ingredients prior to event.
- This recipe can be made up to three days in advance.

PROCEDURE

Step 1
Toast the spices in a small pot until fragrant.

Step 2
Add dates, tamarind, water, salt, and sugar, and simmer until dates are tender, about 10 minutes (add water if you notice the mixture is too dry and scorching on the bottom).

Step 3
Blend until smooth, then strain.

Cilantro sauce:

INGREDIENTS

- ½ bunch of cilantro
- 1 small serrano chili or half a jalapeño pepper
- 1 tablespoon lime juice
- 1/4 teaspoon sugar
- Salt

PREPARATION BEFORE THE EVENT

- Measure and cut ingredients prior to event.
- This recipe can be made up to two days in advance.

PROCEDURE

Step 1
Place cilantro, chile, lime juice, and sugar in a blender and puree until smooth, add a tablespoonful or so of water if needed to get it going.

Step 2
Season with salt and add more lime juice if needed.

Note: Since the recipe calls for so little liquid it is best to blend the sauce in a food processor. If you don't have a food processor simply finely chop the cilantro and chilis and mix with the lime and sugar until dissolved.

FARMS

Frutos del Guacabo

Josco Bravo

SOLIDARITY COMMITTEE

Andrew Darell

Carmen Báez

Carlos M. Meléndez & María C. Umpierre

Diana Pérez & Blas Fonalledas

Drs. Liliana M. Arabía & Félix V. Matos Rodríguez

Herb Allen & Mónica de la Torre

Jose Rafael & Marechy Fernández

Lisette Núñez & William Berry

Luis A. Ferré Rangel, Dr. Sarah E. Bird & Isabel Ferré Sadurní

M Salomé Galib & Duane McLaughlin

Margie Rullán & Lemuel de Jesús

Senator & Mrs. Mack Mattingly

SPECIAL COLLABORATION

Brands of Puerto Rico

El Almacén del Vino

The Herrans Group

V. Suárez & Company

SOLIDARITY PARTNERS

Forest Partner
Oriental

Coastal Partners
Avory & Co
Fulcro Insurance
Interlink

River Partners
INFIVA
Plaza Provision
PR Farm Credit

Wetland Partners
Dulce Caña
Evertec
Motorambar
Semillero Partners
Universal Insurance

Dry Forest Partners
Amgen Manufacturing Limited
Plaza Food Systems
Walmart

Cocktail Collaborator
Destilería Serrallés

QUESTIONS? CONTACT US.

Diana Betancourt
Individual Reservations

787.636.3037

Awilda Muñiz Ruiz
Corporate Sponsors

787.354.2560

desarrollo@olo.org