

Recipe

Pumpkin Masala

By

Ananda Lila devi dasi



Ingredients

- 3 Tbsp olive oil
- 2 dry red chilies
- 1 Tsp black mustard seeds
- 1 Tbsp chana dal
- 1 Tsp split urad dal
- ½ Tsp yellow asafetida powder
- 4 C peeled and cubed pumpkin
- 1 Tsp turmeric powder
- 1 Tsp sambar powder
- 1¼ Tsp salt
- 3 Tbsp besan

Preparation

1. In a pan, heat oil over moderate heat. Add chilies, mustard seeds. When the mustard seeds crackle, add chana dal, urad dal and fry until golden. Add asafetida and the pumpkin cubes. Sir-fry the pumpkin to coat with the spices. Cook for 5-7 minutes. Reduce the heat.
2. Add turmeric, salt and sambar powder. Cook uncovered over low heat until the pumpkin is tender. Make sure to keep mixing the vegetable often to ensure that it doesn't stick to the bottom of the pan.
3. In between when the pumpkin is getting cooked, heat a small sauté pan over moderate heat. Add the besan and dry roast the flour until browned over low heat. Remove from heat.
4. Now when the pumpkin is cooked, add the roasted besan and mix well. Cook for another 7-10 minutes. Serve hot.

Serves: 4-5

For further details please contact

anandliladd@gmail.com

www.iskcondesiretree.com

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Hare Rama Hare Rama Rama Rama Hare Hare**