

# Fiji

## Pumpkin Curry

Australian volunteers Nella and Lee have lots in common: they both volunteer in Fiji, share a flat, and love cooking. They learnt this *pumpkin curry* recipe at Ruby's Masterclass, a six-week cooking class in Suva. There is a large community of Fijians of Indian descent living in Fiji and this style of curry is commonly prepared in many homes.



Savusavu in Fiji.  
Photo: Darren James, 2019.

### Ingredients

½ medium-sized pumpkin,  
peeled and chopped into chunks

1 tsp turmeric powder

2 tsp sugar

½ onion, chopped

1 tbsp tamarind sauce (optional)\*

½ tsp cumin seeds

½ tsp mustard seeds

1 curry leaf (optional)

3 cloves garlic, finely chopped

3cm ginger, finely chopped

1 small red chilli, finely chopped,  
or to taste

2 tbsp cooking oil

Salt to taste

### Method

Mix finely chopped garlic, ginger and chilli.

Heat oil in a medium-sized saucepan. Test oil by dropping in a few mustard seeds; when they crackle/spit it is hot enough. Fry cumin, mustard, and curry leaves while stirring quickly for about a minute until spices are fragrant.

Add onion, ginger and garlic mix and stir through.

Add turmeric, stirring quickly to avoid burning.

Add pumpkin and stir through.

Add salt and stir.

Lower heat and cover. When pumpkin is soft, add the sugar and cook further, stirring gently.

The liquid released by the pumpkin as it cooks should start to evaporate and thicken. You may need to uncover if there is too much liquid. Once the liquid has thickened, add tamarind sauce and stir. Simmer for two minutes.

Serve with rice, roti or puri.

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### Tips

\* Tamarind sauce can be substituted with equal parts lime juice and brown sugar.