



## Pumpkin with Toasted Coconut (Pumpkin Erisher)

1/2 cup whole mung beans	• 1/2 tsp. Turmeric
1 med. Pumpkin or butternut squash	1/2 tsp. Turmeric
1 cup grated unsweetened coconut	1/8 tsp. Cayenne
tsp. Chopped garlic	1 1/2 tsp. Salt
<b>Ground Masala</b>	2 tbsp. olive oil or coconut oil
• 1 tsp. Cumin	1 tsp. Mustard seeds
• 1/8th tsp. Cayenne	2 dried red chilies

1. In a dry frying pan, toast the mung beans over medium-high heat, stirring constantly until they begin to brown. Remove them to a strainer or fine colander and wash them briefly under running water; drain. Place the beans in a saucepan with 1 1/2 cups water and bring to a boil. Cover, reduce the heat to low, and simmer 20 minutes or until just tender.
2. Peel the pumpkin and remove the seeds (use a peeler not a knife!! 😊) Cut into 3/4 inch cubes and measure 4 cups. Set aside.
3. Put 3/4 cups of the coconut, the garlic, and the ground masala in a blender. Add 1/3 cup water or more and process the mixture into a consistency of thick pesto. Set aside.
4. In a wide deep pan combine the pumpkin, cayenne, turmeric, salt and 1 1/2 cups water. Bring to a boil, reduce the heat, and simmer, covered until the pumpkin is tender and begins to break up when stirred (20-25 minutes). Add the cooked mung beans and the coconut paste and stir to combine. Bring to a boil, then remove from heat.
5. In a frying pan, heat the oil over medium-high heat. Add the mustard seeds and cover. When the seeds pop, toss in the dried red chilies and fry for a few seconds. Add the remaining 1/4 cup of coconut and stir constantly over medium-high heat until the coconut turns cinnamon brown and no white remains. Stir this into the cooked veggies and heat until warmed through.

~ from Savoring the Spice Coast of India, Maya Kaimal, 2000