

Fijian Kaddu Curry

Prep Time: 15 minutes

Cook Time: 30 minutes

Difficulty: Beginner

Serves: 4

Attributed: Draeger's Market

Ingredients:

- 2 Lbs Butternut Squash (or Sugar Pumpkin)
- 3 Tbsp Vegetable Oil
- 2 Cloves Garlic, Minced
- 1 Onion, Sliced
- 2 Thai Peppers, Finely Sliced
- 1 Tsp Cumin Seeds
- 1 Tsp Mustard Seeds
- ½ Tsp Turmeric
- ½ Tsp Fenugreek
- 1 Tsp Salt (to taste)
- ½ Vegetable Broth or Water (as needed)



Directions:

Begin by cutting your chosen squash into cubes. Mince the garlic and slice the onion and Thai peppers (removing the seeds), setting them aside for later. In a small bowl, combine the mustard seed and cumin seed, and fenugreek and set aside. Lastly, measure out the turmeric and salt and set them aside.

Over medium-high heat, add the vegetable oil to a medium-sized stock pot. After a minute, test the oil heat by sprinkling a little of the spice mix into the pot: you are looking for the seeds to start to pop and sizzle. Once you've achieved the right oil heat, add the onions and the rest of the mustard/cumin/fenugreek spices and allow everything to sauté until the onions are translucent, 2-3 more minutes. Add the minced garlic and sauté for another minute before adding the turmeric and salt.

When the onions are golden brown, add the squash cubes. Combine everything thoroughly and cover the pot, continuing to cook over medium heat for 10 minutes. After 10 minutes, check to see that the squash is beginning to cook down. At this point, if the mixture seems dry, add the vegetable broth or water as needed, mixing well. Cook for another 20 minutes, stirring occasionally. The final curry should be mushy and may contain small chunks. Serve with roti or over rice.

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