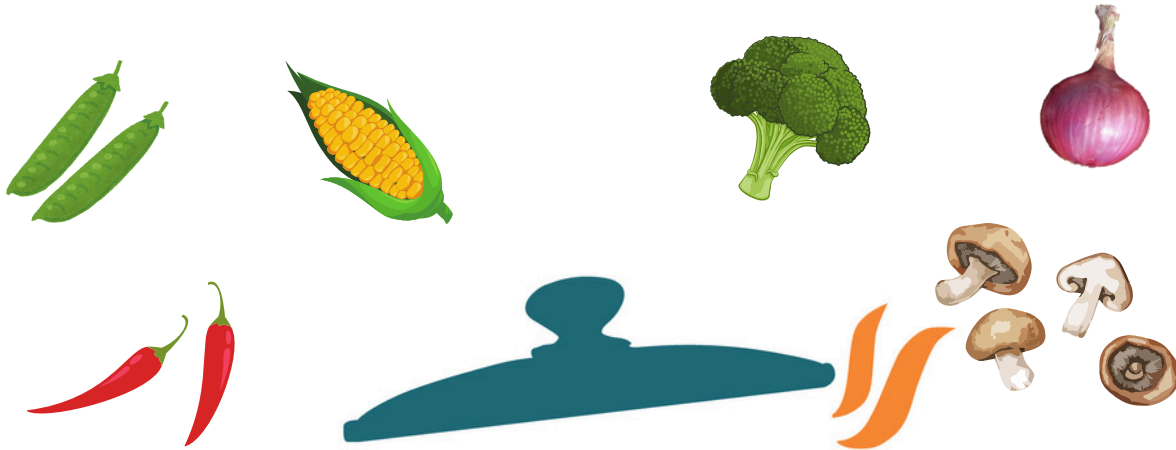




Foodshare



Cooking for
Change!
PROGRAM

Recipe



Chickpea and Pumpkin Tagine with Golden Turmeric Rice



Bendigo **Community**
Health Services

Ingredients - Serves 50

Roast Pumpkin and Chickpea Tagine

- 3.6kg raw chickpeas – soaked overnight
- 6 or 7 butternut pumpkins (depending on size)
- 750ml oil
- 3kg onion (or 2kg frozen chopped onion)
- 3kg carrot (or 2kg frozen sliced carrot)
- 200g fresh root ginger (or small jar crushed ginger)
- 3 bulbs garlic (or small jar crushed garlic)
- 5kg canned chopped tomatoes
- 250g honey
- 50g salt
- 30g black pepper
- 50g ground cumin
- 50g turmeric
- 30g ground cinnamon
- 2 cinnamon sticks
- 4 – 5 litres stock

Golden Turmeric Rice

- 3.5kg basmati rice
- 10g turmeric (2 teaspoons)
- 12 cloves
- 2 cinnamon sticks

Chickpea and Pumpkin Tagine with Golden Turmeric Rice

Method

Roast Pumpkin and Chickpea Tagine

1. Soak the chickpeas overnight.
2. Heat the oven to 200C.
3. Remove seeds from pumpkin. Coat the cut side of the pumpkin with oil, season well and bake for approx. one hour until soft and golden. Remove skin and slice.
4. Prepare the vegetables. Peel and dice onion. Peel and finely dice garlic and ginger. Peel and thinly slice carrots.
5. Heat oil in a deep, heavy-based pan. Gently cook the onions, ginger and garlic for 10 minutes until softened but not brown.
6. Add the carrots and cook for a further 5 minutes.
7. Add the drained chickpeas, tomatoes, honey, cinnamon, salt, pepper, ground spices and the water or stock and bring to the boil.
8. Cover and simmer for 45 minutes, or until carrots are soft, adding more water or stock as needed to keep it thickly soupy.
9. Add sliced pumpkin and serve.

Golden Turmeric Rice

1. Thoroughly rinse rice (approx. 3 times until water runs clear).
2. Place rinsed rice into a pot and add cold water to cover the rice plus approx. 1cm.
3. Dissolve turmeric in cold water and add to the rice, together with the cloves and cinnamon stick.
4. Bring to the boil (with the lid on the pot), reduce the heat to low and cook until the water has disappeared – approx. 12 minutes. Turn off the heat and leave the lid on the pan for 5 minutes.
5. Remove the cloves and cinnamon stick and gently fluff rice with a fork and serve.

Extra Tips:

- Tagine - North African cooking vessel.
- This dish can be served with fresh coriander, yoghurt and dukkah or toasted pumpkin seeds (pepitas).

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