

Curry with black beans, pumpkin & scent of orange (for 4-5 serves)

Ingredients

- ♥ 1,5 cup black beans (mung beans are optional), soaked for a night in cold water
- ♥ 400 g violin pumpkin, diced in small 2x2 cm cubes
- ♥ 1 onion, each half finely sliced
- ♥ 2 teaspoon curry powder (lightly spicy)
- ♥ Ginger root (circa 2 cm), finely diced
- ♥ 2 t.s. cognac
- ♥ 1 teaspoon dried orange peels (if fresh, add them once the pumpkin is boiled)
- ♥ 1 t.s. dried thyme, 1 spring dried rosemary, 2 bay leaves
- ♥ 4 t.s. extra virgin olive oil (EVOO)
- ♥ sea salt to taste

Preparation steps

- ♥ Sautee the onion in 3 t.s. EVOO for 3-4 min., add the bay leaves along with the curry powder, and leave it for 2-3 min. to release the aromas in the oil. Join the cognac, add ginger root and herbs in 1-2 min.
- ♥ Add the pumpkin and ½ cup warm water, some salt to taste and orange peels. Leave to simmer for 20 min. on low heat. Remove from fire and leave to rest and develop the flavours covered with a lid
- ♥ Boil the beans for 60-70 min., while changing 2 waters after they start to boil to eliminate some gas-provoking components. Add 1 t.s. EVOO in the 3rd water to get creamier beans
- ♥ When the beans are ready, add them to the pumpkin pot and mix well. Boil for another 10-15 min. and remove from fire. It is recommended the meal to rest for at least 1 hour prior to serving, for richer flavours

Serve the beans curry on red rice* with cumin.

Sprinkle with more distinctive and expressive EVOO. The more intense cultivars such as Coratina, Picual, Frantoio, Moraiolo, Casaliva, Picuda are an excellent choice

*2 espresso cups red rice + 4 espresso cups water + 1 t.s. EVOO + ½ teaspoon cumin seeds + pinch sea salt. Boil covered for 25-30 min. and leave for 30 min. for the aromas and flavors to harmonize



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