



2014

# Forest Grove School Garden Fall Recipes



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Sprouting Chefs  
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## Fresh Tomato Sauce for Pasta

Serves 5

### From the garden:

Tomatoes  
Garlic  
Basil

### Equipment:

Cutting board  
Knife  
Large pot  
Large sauce pan

### Ingredients:

1 lb	Pasta
5	Tomatoes on the Vine
6 cloves	Garlic, sliced
pinch	Chili Pepper Flakes
1 tbsp	Dried Oregano
1 tsp	Kosher Salt
3 tbsp	Extra Virgin Olive Oil
8	Basil Leaves
1 cup	Fresh Grated Parmesan Cheese



\*We used frozen tomatoes that were harvested from the summer. Tomatoes can easily be saved by storing in a large ziploc freezer bag and used the same way as described above.

### Method:

1. Bring cold water to a boil in a large pot. Add 2 tbsp salt when water boiling. Add enough pasta for 5 (1 lb cooked for a family) (size depends upon appetites or whether serving dish as a meal or snack) and let cook.
2. Slice garlic cloves. Place in a cold pan with olive oil. Turn stove on to med heat and let garlic gradually heat up in pan.
3. Cut tomatoes in halves, and then in sixes.
4. Add chili flakes and oregano to the pan. Stir until garlic begins to brown.
5. Add cut up tomatoes to the pan.

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6. Add salt to the tomatoes. Stir.

7. Let tomatoes cook on medium heat. When pasta is cooked to al dente, using tongs grab pasta directly from the pot and place in the pan with the tomatoes, allowing some pasta water to be incorporated into the pasta sauce. Stir and mix thoroughly. Finish with chopped basil and grated parmesan cheese.



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## Raw Carrot and Beet Salad with Herbs from the Garden

Serves 5

**From the Garden:** Carrots & Carrot Tops  
Beet & Beet Tops  
Flat Leaf Parsley  
Chives

**Equipment:** Box Grater  
Knife  
Cutting Board  
Tongs  
Serving Dish

**Ingredients:** 2 Beets with tops – try using a couple different varieties such as: Chioga (stripped) or Golden  
2 Large Carrots with tops or 4 Medium Size  
½ a Bunch of Flat Leaf Parsley  
1 Tbsp of Chives  
2 Tbsp of Dried Cranberries or to taste  
¼ Cup of Extra Virgin Olive Oil  
2 Tbsp of Red Wine Vinegar or any light flavoured vinegar on hand (Rice Wine)  
Salt & Pepper to taste

### Method:

1. Grate carrots and golden beets. Add to bowl with torn up carrot and beet tops, flat leaf parsley leaves and chopped chives.
2. Grate red beets last so they do not bleed into all the other veggies.
3. Drizzle the pile with olive oil and vinegar, sprinkle with salt and pepper. Toss lightly and serve.



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## Forest Grove Garden Salad w/ Herb Vinaigrette

Serves 6 to 8

### From the Garden:

Curly Green Lettuce  
Red Leaf Lettuce  
Arugula  
Spinach  
Romaine  
Chives or Mint for Garnish  
Thyme  
Oregano

Strawberries  
Thyme Flowers  
Borage Flowers

### Equipment:

Glass jar and lid  
Measuring spoons and cups  
Cutting board and knife

Serving Dish



### Ingredients: (Vinaigrette)

¼ Cup	Lemon Juice
¼ Cup	Orange juice (juice from 1 orange)
1.5 Cup	Olive Oil
2 Tbsp	Maple Syrup
1 Tbsp	Dijon Mustard
Salt and Pepper	
4 Cups	Spring Salad Mix
4 Whole	

**Interesting terms:** vinaigrette, emulsifying, garnish

### Method:

#### Dressing

1. Measure out lemon juice, dijon mustard, squeezed orange juice, maple syrup and mix in salt and pepper into a glass jar.
2. Pull leaves of herbs off stems and add to the mixture tearing larger leaves with hands and putting stems in compost bowl.
3. Drizzle in olive oil. Secure lid onto jar and shake until all ingredients are combined or “emulsified”
4. Salad:
5. Arrange salad greens on large serving platter
6. \*Just before serving add vinaigrette





## Vinaigrettes 101

Best way to make vinaigrettes and easiest way to get kids to be involved with the process is to use an old jam or small jar with a lid. Add all the ingredients into the jar and shake! The following is just a guide and base to any kind of vinaigrette dressing.

Ratio for vinaigrettes by practice is 1 part vinegar to 3 parts oil. To ensure the vinaigrettes emulsify or “stay together”, Dijon mustard or an egg yolk can be added. To be safe, use Dijon instead. To be a purist, especially when making a traditional Caesar salad, both an egg yolk and Dijon are used. Again, the following is just a guide where creativity can abound with various vinegars and oils that are readily available.

### Basic Lemon Vinaigrette:

2 Tbsp or ½	fresh squeezed lemon juice
1tsp	kosher salt
1 tsp	pepper
1 tsp	Dijon mustard
6 Tbsp	olive oil (if you like a milder tasting dressing, use canola instead)

Using a jar start with the vinegar or lemon juice. To help the salt dissolve, add to the vinegar or lemon juice first. Shake or stir the vinegar and Dijon together then add the olive oil. Shake until well combined.

### Options:

Any fresh or dried herb.

### Basic Greek Salad Dressing

2 Tbsp	red wine vinegar
1 tsp	kosher salt
1 tsp	black pepper
1 tsp	dried or fresh oregano
1 tsp	Dijon mustard
6 Tbsp	olive oil

Follow the same method as above

### Sesame Ginger Dressing

1 Tbsp	rice wine vinegar
1 Tbsp	mirin
1 tsp	soy sauce
1 tsp	fresh grated ginger



3 Tbsp

3 Tbsp

roasted sesame oil

canola oil

### Caesar Salad Dressing

1 Tbsp

1 Tbsp

1 tsp to 1 Tbsp

1 Tbsp

3 to 4 pieces

1 tsp

½ tsp

1 tsp

1 Tbsp

1 clove

6 to 8 Tbsp

lemon juice

red wine vinegar

Dijon mustard

capers

anchovies

Worcestershire sauce

salt (capers and anchovies are quite salty. Use salt at your own discretion)

black pepper

grated parmesan cheese

fresh garlic

olive oil.

Traditionally, this dressing is actually made in a wooden bowl with a wooden spoon and made fresh tableside just before a diner is about to eat the salad. But can also be made simply in a mortar in pestle. Start with the clove of garlic, anchovies, capers and salt. The salt will help break down and crush the other ingredients. Pound away with the pestle until the mixture is like a paste. Add Dijon mustard, lemon juice and red wine vinegar until well combined. Transfer into a jar and add remaining ingredients. Shake well until combined. Or add remaining ingredients to the bottom of a wooden bowl and whisk. Add washed romaine leaves, parmesan, toasted croutons and serve!



## Flatbread with Roasted Garlic Parmesan and Balsamic Reduction

Serves 5

**From the Garden:** Garlic  
Chives  
Rosemary

**Equipment:** Liquid Measuring Cup      Baking Sheet  
Measuring Spoons      Cutting Board  
Large Mixing Bowl      Knife  
Wooden Spoon      Small Pot – Balsamic Reduction  
Measuring Cups  
Saran Wrap

**Ingredients:**

- 4 Heads of Garlic
- 2 Tbsp Olive Oil
- Salt & Pepper
- 1 Cup of Balsamic Vinegar
- ½ Cup of Freshly Grated Parmesan Cheese
- 1 Tbsp Chopped Rosemary
- 1 Tbsp Chopped Chives

**For the Bread:  
Starter**

- 1 1/3 Cup Warm Water
- 1 tsp (1 8gr Pkg) Dry Yeast
- 1 Tbsp Honey or Sugar
- 4 Tbsp of Olive Oil

When the starter mixture begins to bubble move on to next step.

**Dough**

In a large bowl measure Dry Ingredients:

- 4 Cups All purpose flour
- 1/2 Cup Multi grain or whole grain or rye flour
- 1/2 Tbsp Kosher salt

Whisk the above ingredients to add air





### Method:

1. On a baking sheet, place whole heads of garlic with a drizzle of olive oil, salt and pepper. Roast whole heads of garlic in a 375 degree oven for about 30 mins or until the heads begin to turn golden brown and are soft to the touch.
2. Make bread dough by combining the starter and the dry ingredients with the olive oil. Mix the ingredients together until it forms a ball. Knead the dough in the large bowl to save on clean up. The dough should be slightly sticky still and not all the flour may be needed due to the weather. If it is rainy and damp outside, that will affect your dough.
3. Set aside the dough in the bowl with a bit of olive oil on top to prevent drying. Cover the bowl with saran wrap to rise for about an hour in a warm place in the kitchen. Be careful not to leave the bowl on top of the stove where the chimney of the stove is (far right element) as this will start baking the dough on the bottom while the garlic is roasting.
4. When garlic is roasted, set aside to cool.
5. Create the balsamic reduction by adding the cup of vinegar into a small pot on a medium high heat. As the vinegar starts to bubble and heat up, it will start to thicken. Cook until the vinegar is reduced in about half and slightly thick. Keep in mind, this vinegar will continue to reduce and thicken as it cools.
6. Preheat your oven as high as it will go, at least 425 degrees.
7. Cover a baking sheet with about 3 Tbsp of olive oil. When bread dough has risen, remove from the oiled bowl and spread/stretch the dough out into the well greased baking pan. If the oil rises to the top and covers the dough, that is perfect. A bit of olive oil on the top will create a golden crust.
8. Squish out the cooled roasted garlic, distributing evenly across the dough. You can either add the parmesan cheese before or after the dough has cooked. We found the parmesan added before the dough goes into the oven created a really nice flavour.
9. Bake in the hot oven for about 12 to 15 minutes or until the crust is golden brown.
10. Finish the bread by drizzling the balsamic reduction, freshly ground black pepper, & chopped herbs.





## Crostinni w/Sautéed Kale & Swiss Chard

Serves 5

### From the Garden:

Swiss Chard  
Kale  
Garlic

### Equipment:

Cutting Board  
French Knife  
Tea Towel  
Cookie Sheet  
Sauté Pan (non stick)  
Pastry Brush  
Measuring Spoons

### In the Cupboard -Interesting Terms/Techniques: wilting

### Ingredients:

½ bundle with stalks removed (1 cup cooked)	Swiss Chard - chopped
½ bundle with stalks removed (1 cup cooked)	Kale – chopped
1 clove, peeled and left whole	Garlic
3 cloves, peeled and chopped	Garlic
2 to 3 Tablespoons	Olive Oil
2 to 3 Tbsp	Veggie or Chicken Stock
½ Stick	French, Whole Wheat or Multigrain Baguette
To taste	Sea Salt & Black Pepper
5 to 6 oz	Grated Mozzarella Cheese (low fat) or Grated Parmesan

### Method:

1. Slice baguette on an angle 1 to 2 inch thick.
2. Brush each slice with olive oil. Place each slice on a cookie tray.
3. Grill under broiler until slightly brown. Remove from broiler allow to cool and rub with a peeled garlic clove.
4. Heat sauté pan over medium heat and add oil.
5. Add garlic and cook for 10 to 20 seconds when garlic starts to smell good and turns slightly brown.
6. Add kale and Swiss chard chopped stems and toss quickly wilting the leaves 2 to 3 minutes max until tender. Add a bit of chicken or veggie stock to steam the mixture.
7. Top grilled baguette slices with sautéed kale and chard mixture.
8. Top each slice with grated mozzarella or parmesan.
9. Put pieces back on a cookie sheet and place under a broiler until cheese is melted.





## Roasted Parsnips and Turnips

Serves 5

### From the Garden:

Parsnips  
Turnips  
Garlic  
Rosemary

### Equipment:

Cutting Board  
Knife  
Baking Sheet

### Ingredients:

3 Lg	Parsnips
1 Lg or 2 Med	Turnips
1 Head	Garlic
2 Tbsp	Olive Oil
Salt & Pepper	To Taste
2 Sprigs	Fresh Rosemary

### Method:

1. Thoroughly wash all veggies from the garden starting with the cleanest and working your way to the root vegetables discarding the soil filled water back into the garden.
2. Preheat oven to 400 degrees
3. Cut up parsnips and turnips into equal sized pieces. This can be done by an adult or have your kids try out their knife skills but cutting some pieces and allowing them to try with the flattened parts on the board for more control. Allow your kids to try the veggies raw before they are roasted. In class, we found that there were about the same amount of kids who liked them raw as the ones who liked them roasted. Some preferred raw over roasted in fact!
4. Arrange cut up pieces of turnips and parsnips on a baking sheet.
5. Separate the cloves of garlic removing the skins and adding them to the baking sheet
6. Drizzle with a good coating of olive oil and a sprinkling of salt and pepper
7. Roast in preheated oven for about 20 minutes or until veggies are golden brown
8. Arrange on a platter with a sprinkling of rosemary leaves.





## Forest Grove Harvest Soup with Roasted Squash, Corn Beans and Chard

Serves 5

**From the Garden:**

Garlic & Onion	Parsnips
Squash – Butternut or Pumpkin work best	
Corn	Carrots
Green Beans	Turnips
Swiss Chard	
Sage, Rosemary, Flat Leaf Parsley, Chives, Thyme	

**Equipment:**

Cutting Board	Wooden Spoon
Knife	Soup Ladle
Lg Bowl	Baking Sheet
Colander for washing	
Lg Soup Pot	

**Ingredients:**

1 Medium Sized	Fall Squash – Butternut, Acorn or Pumpkin
2 Heads	Garlic
2 Tbsp	Olive Oil
1 Lg	Yellow Onion
2 Med	Carrots
1 Med	Parsnip
1 Tbsp	Dried Herb – Oregano or Thyme
2 Cups	Corn
2 Cups	Green Beans
1 Bunch	Swiss Chard
2 Ltr.	Pre Made Vegetable Stock
To Taste	Salt & Pepper
2 Tbsp	Chopped Fresh Herbs

### Method:

1. Preheat oven to 400 degrees. \*Adult: cut up squash by either peeling skin and chopping into small quarter inch pieces or cutting squash in half and scooping out seeds. Cutting into small pieces will be the fastest way to roast the squash but if you have time, the easiest way is to just cut the squash in half, scoop out the seeds and roast in the oven. Either way, drizzle with olive oil, salt and pepper.
2. If you decide to cut squash in small pieces, separate garlic cloves leaving skins on and add to roasting pan with a bit of olive oil, salt and pepper as well. Otherwise, keep garlic heads whole and wrap in foil with olive oil salt and pepper along side of halved squash.



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3. Check squash after about 20 mins turning the squash over to roast evenly. Roast until squash is golden brown and soft. This creates a really deep rich flavour for your soup.
4. Meanwhile, wash, peel and cut up the rest of the vegetables: onions, carrots, parsnips, turnips (if you like), green beans, swiss chard (including the stems) and chop up fresh herbs. All the root vegetables and onions should be the same size to allow for even cooking.
5. After squash has cooked, remove from oven and allow to cool. If the squash is halved, scoop out the inside flesh and discard the skin of the squash. NOTE: any cooked veggie with oil should be discarded into the garbage as adding oils and fats to a compost bin attracts rodents.
6. Remove garlic skins by squishing out the roasted garlic. Kids love this part as well as the scooping of the soft cooled squash.
7. In a large soup pot with a heavy bottom, heat on medium high and add about 2 Tbsp of olive oil.
8. Add cut up onions, parsnips, carrots and turnips to sauté in the hot pot.
9. After veggies are softened a bit, add roasted garlic and squash to the pot and cook for a minute to combine the flavours.
10. Season with salt, pepper and a dried herb of your choice.
11. Cover with premade veggie stock. You can add just water but if so, add a bit more herbs and a bay leaf for increased flavour. You will also need to cook a bit longer to intensify the flavour.
12. Allow the soup to come to a boil and then reduce the heat to simmer.
13. Add green beans, corn and chard stems and allow to cook.
14. Add chard leaves and fresh herbs to finish the soup. Serve and enjoy!



## Spaghetti Squash with Flat Leaf Parsley, Lemon and Parmesan

Serves 5

**From the Garden:** Spaghetti Squash  
Flat Leaf Parsley

**Equipment:** Cutting Board                      Knife  
Large Pot                                      Serving Bowl/Dish  
Mixing Bowl

### Ingredients:

1 Lg	Spaghetti Squash
½ Cup	Chopped Fresh Flat Leaf Parsley
½ Juice	Fresh Lemon
¼ Cup	Fresh Grated Parmesan Cheese
2 Tbsp	Olive Oil
To Taste	Salt & Pepper

### Method:

Note: Spaghetti squash is best when slightly under done. This is quite different from butternut, acorn or pumpkin squash. Cooking spaghetti squash to slightly under doneness will allow the squash to properly shred and form strands like spaghetti.

1. Fill a large soup pot to about ¾ full and bring to a boil.
2. Cut the squash in half and remove the seeds. Add to the boiling pot and cook for about 15 to 25 mins watching carefully. Squash is cooked when the colour is just uniform and slightly soft when pierced with a fork.
3. Remove from the boiling water and allow the squash to cool.
4. As the squash is cooling, chop fresh parsley.
5. When squash is easy to handle, take a fork and shred the squash removing the flesh into a serving bowl. This is an easy and fun step to do with your kids. Just make sure they wash their hands as it ends up being easier to remove the shredded squash with your hands instead of the fork.
6. Add in the chopped parsley and squeeze a half of lemon over the mixture. Add enough juice to your taste. Drizzle over the olive oil, sprinkle with parmesan cheese and then season with salt and pepper.
7. This dish can be served cold or at room temperature and is a great side dish to any meal.





## Mexican Inspired Corn, Bean and Roasted Squash Salad

Serves 5

**From the Garden:** Butternut Squash  
Corn  
Varieties of Beans

**Equipment:** Baking Sheet                      Serving Dish  
Cutting Board  
Knife

### Ingredients:

1 Lg	Butternut Squash – peeled and cut into quarter inch cubes
2 Tbsp	Olive Oil
Salt & Pepper	
2 Cups	Corn
2 Cups	Bean Varieties – canned black bean or mixed beans are fine
2 Lg	Ripe Avocados
½ a Bunch	Chopped Cilantro
1 Juice	Whole Lime
Optional:	Jalapeño Pepper – seeded or un seeded depending on how spicy you like
2 Tbsp	Olive Oil
To Taste	Salt & Pepper

### Method:

1. Preheat oven to 400 degrees. \*Adult: Peel and cube the butternut squash.
2. Arrange on a baking sheet. Drizzle with olive oil, salt and pepper
3. Roast until golden brown for about 20 to 25 minutes.
4. Allow squash to cool.
5. Cut and cube avocado.
6. When squash has fully cooled combine all other ingredients into a serving dish: corn, beans, avocado, squash, chopped cilantro.
7. Drizzle with a bit more olive oil, squeeze lime juice thoroughly all over salad, season with salt and pepper.
8. If you like it spicy, serve with very small diced jalapeno peppers on the side.
9. Serve with tortilla chips or on the side of tacos, fajitas or tostadas.





## Pan Fried Brussel Sprouts with Caramelized Onions Bacon and Cranberries

Serves 5

*Recipe Inspired by Ina Garten, The Barefoot Contessa*

I'll admit, I was not a fan of brussel sprouts at any holiday get together. My mum would only buy about a handful to steam and serve to my dad only at the table. That was until I saw this recipe featured on a Barefoot Contessa episode. As soon as I saw the addition of caramelized onions and bacon, I was hooked in. I first tried out this recipe on my own family when my own kids were still very little. It is now served at every holiday get together and when in season, my daughter requests it as a whole half plateful during a regular weekday meal. Because of the addition of bacon, I do suggest that this a "sometimes" dish and not served on a regular basis so that it is truly savoured and enjoyed by your family. And when this dish was served to the Grade 2 Mandarin Class, most if not all the kids also loved it; many who were trying brussel sprouts for the first time.

**From the Garden:** Brussel Sprouts  
Yellow Onion

**Equipment:** Cutting Board                      Tongs  
Knife    Wooden Spoon  
Frying Pan with heavy bottom      Serving Dish  
Colander

**Ingredients:**  
1 Lg    Yellow Onion  
4 Cups    Brussel Sprouts  
5 Slices    Thick Cut Alder or Maple Smoked Bacon (Pancetta also works really well)  
½ Cup    Dried Cranberries  
½ Cup    Veggie or Chicken Stock  
1 Tbsp    Olive Oil  
Salt and Pepper – Less salt then pepper due to bacon but the sprouts need a bit of salt to cut the bitter taste

### Method:

1. Trim and wash sprouts in a colander. Cut each sprout in half lengthwise and set aside.
2. Dice onion and cut up bacon into small pieces.
3. Heat frying pan on medium high heat. When pan is hot add bacon. Cook bacon until the fat starts rendering. Add onions and fry together until the bacon is rendered and onions are golden brown.
4. Remove from pan leaving some bacon fat (remember, this is a "sometimes" food ;)).
5. Add in the halved brussel sprouts. It may be necessary to add a bit of olive oil to the pan.





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6. Sprinkle with just a bit of salt as the sprouts start to cook. Allow the sprouts to cook and fry in the pan a bit and then add some stock to cover about half way up the sprouts.
7. Allow the stock to be absorbed into the sprouts. You'll know when the sprouts are done when they turn a lovely bright green and the flat parts of the sprouts are golden brown.
8. Add back in the bacon, onions and dried cranberries; toss to thoroughly combine.
9. Remove from pan into a serving dish and enjoy right away. This is the last dish we prepare for a holiday meal. If it sits in the oven too long while you are waiting for everything else to be ready, the sprouts will over cook and you will lose your new "brussel sprouts fans". The point is to serve the sprouts green and bright, with crispy bacon, sweet onions and the tartness of the dried cranberries 😊





## Roasted Pumpkin Coconut Curry Soup

Serves 5

A combination of flavours, this recipe is inspired by both Thai Curries with the coconut milk, cilantro and lime as well as Northern Indian flavours with toasted whole seed garam masala while highlighting our beloved pumpkins grown in our garden.

### From the Garden:

Garlic  
Onions  
Pumpkin

Fennel Seeds

### Equipment:

Baking Sheet  
Parchment Paper  
Tongs  
Cutting Board  
Knife

Mortar & Pestle  
Large Soup Pot  
Can Opener  
Hand Held Blender  
Small Frying Pan

### Ingredients:

2 Small  
4 Heads  
2 Tbsp  
Salt & Pepper  
2 Tbsp  
1 Lg  
2 Tbsp  
1 tsp  
1 tsp of  
Garam Masala Spice Mix:  
1 Tsp Each of:

Pumpkins  
Garlic – Roast 3, chop 1  
Olive Oil  
  
Fresh Ginger  
Yellow Onion  
Grapeseed Oil or Vegetable Oil  
Turmeric Powder  
Fenugreek Leaves or Methi  
  
Coriander Seeds  
Cumin Seeds  
Black Mustard Seeds

Fennel Seeds  
A Few Whole Cloves  
4 Cardamom Pods  
1 pinch of Dried Red Chili flakes  
1 piece of Cinnamon Bark

1 Can  
2 Ltr  
1 Whole  
½ Bunch  
  
Coconut Milk  
Pre Made Vegetable Stock  
Juice of Lime  
Cilantro Leaves





## Roasted Pumpkin Coconut Curry Soup - contd.

### Method:

1. Preheat oven to 400 degrees.
2. \*Adult: cut in half and peel pumpkins
3. Scoop out seeds and cut into quarter inch pieces making sure all the pieces are the same size so they roast evenly.
4. Arrange on a baking tray with a sheet of parchment paper.
5. Cut 3 heads of garlic in half and add to the tray with the pumpkin pieces. You might need two trays to do this as you don't want to crowd the pan with too much which causes uneven cooking.
6. Drizzle pumpkin pieces and garlic heads with olive oil, salt and pepper
7. Roast in the oven until the pieces are soft and slightly golden brown.
8. Remove from the oven and allow to cool slightly. When cooled, squeeze out the roasted garlic from the skins. Discard garlic skins in the garbage.
9. Dry roast the seed mixture in a small frying pan on medium high heat except for turmeric and cinnamon bark (Dry means without any oil)
10. Roast the seeds until they start to pop and a lovely waft starts to fragrance the air. Careful not to breathe in the chili flakes though!
11. Set aside to cool and then place in the mortar and pestle along with cinnamon bark.
12. Pound the seeds until they are a slightly fine powder.
13. As pumpkin is roasting, chop up onions, garlic and ginger. This is the base for many if not most curries.
14. Put the large soup pot on a medium high heat. Add grapeseed oil to the pot. When oil is hot, add the onions and cook until brown.
15. When onions are brown, add ginger and garlic. Cook for about a minute and then add the turmeric and pounded seeds or garam masala.
16. Add cooled pumpkin and roasted garlic which will add a good depth of flavor to your soup.
17. Allow the mixture to cook together for a couple of minutes before adding the stock.
18. Add the vegetable stock and coconut milk and allow to come to a boil with a good pinch of mehti or fenugreek leaves.
19. When the mixture has come to the boil, reduce the heat and simmer for a few more minutes. The longer you let this soup simmer, the deeper the flavor. Taste and adjust seasonings if necessary.
20. Add lime juice and chopped cilantro to finish.
21. To serve, try adding a few toasted pumpkin seeds and a sprig of cilantro.