

0
Shares

**MOUTH
WATERING
vegan™**



My Pumpkin, Ginger & Eggplant Curry

I guess this is something of a hybrid curry – pumpkin and red peppers are a staple of Thai curries, and I have combined this with Indian spices, to create an aromatic dish that is wonderfully warming. I always find eggplant (aubergine) to be an eager substitute for meat, as it manages to retain its form, and soak up all the wonderful juices. This is delicious served with a generous

dollop of chutney, and naan or roti bread (or with basmati rice), and a nice green crispy salad. I do hope you enjoy it as much as we did, and Bon Appétit !

Serves 4

INGREDIENTS

1 large red onion, roughly cut

5 cloves garlic, roughly cut

3 inches fresh ginger, peeled and roughly chopped

1 fresh chilli, roughly chopped

5 Tbsp (75 mL) olive oil

1 medium sized eggplant (aubergine), cut into medium squares

0

Share around 4 cups fresh pumpkin, cut into medium sized squares

tsp coriander seeds

½ Tbsp tomato paste

tsp ground cardamom powder

tsp hot curry powder (or mild if you prefer it)

1 tsp cumin powder

2 small red bell peppers, chopped

1 cup frozen peas (petit pois work the best)

1 large tomato, cut into wedges

¼ cup (60 mL) water

salt to taste



0
Shares



METHOD

1. Place the onion, garlic, ginger and chilli in a food processor, and process till all the ingredients are very finely chopped.
2. Meanwhile, heat up the oil for a few seconds, and add the eggplant and pumpkin. Stir for a couple of minutes, and then add the processed onion mix, and continue to stir, from time to time, on a medium heat for around 10 minutes.
3. Next, add the coriander seeds and the tomato paste, and continue to mix. Then cover, and leave to seal for a further couple of minutes (keep your eye on it though, so nothing burns).
4. Now add the remaining ingredients, except for the tomato wedges and the water, and cover. Leave to simmer on a low flame for around 40 minutes.
5. At this point add the tomato wedges. If you see it is looking a little dry, add as much of the water as you need, stir well, and allow to cook for a further 5 minutes or so, or until the pumpkin is soft, and the sauce nice and thick.



0
Shares



All recipes, content & design © Miriam Sorrell www.mouthwateringvegan.com 2010

These are free recipes for your pleasure – all we ask in return is that you take a few moments to leave a constructive comment !



Hot-Roast Chilli Bean
Ratatouille

Organic Ruby Red
Quencher



58 COMMENTS



Monica

June 9, 2012 at 11:28 am

Wow, Miriam! What a clever concoction, I don't think I've ever seen ginger in curry before, and pumpkin, eggplant and peas...this one's sure to be a winner (of course, not surprising!). Any news on your book? I'm not confused am I? I thought I'd seen something about there being one in the works... 😊

0

Shares



Miriam

June 9, 2012 at 1:27 pm

Hi there Monica and welcome here. I hope you enjoy this curry and come back with your feedback. Yes, indeed a book is on it's way and will be out next April – it's a few months wait, but it'll be worth it. I am happy to take your name down to let you know closer to the time if you wish. Meantime all the best to you !



Ruth Brunotte tsavovisis

June 9, 2012 at 7:59 pm

Tasted really good, just think I over cooked it slightly 😊 otherwise nicer new combination with the pumpkin.



gina

June 10, 2012 at 10:41 am

This looks and sounds amazing!

I am used to using these ingredients, as I cook Thai and Lao dishes daily. I will sub the curry powder for the paste, and try using the thai eggplants instead of the regular (just because I already have)

Thank you for this!!



Miriam

June 10, 2012 at 11:56 am

Gina Hi there and welcome here. Thanks for dropping by with your comment – I hope you enjoy this recipe – Best Wishes to You !

0
Shares



Miriam

June 10, 2012 at 11:59 am

Thanks there Ruth, glad you enjoyed it !!! Cheers.



Claire Bonello

June 10, 2012 at 6:02 pm

Looks delicious. Will try it soon. Please put me on your mailing list to receive news of your book



Miriam

June 11, 2012 at 2:55 pm

Claire Hi there and welcome here. Thanks so much for dropping by here with your comment. I hope you enjoy this curry as well as the other dishes on my blog. I shall indeed put your name on my book list and will notify you closer to the time after publication. Meantime I very much look forward to your comments here. Very Best Wishes to you Claire !



Lesley



June 28, 2012 at 7:33 pm

This is the 2nd curry I've tried and it was wonderful. Didn't have pumpkin so used butternut squash. Yum! This site has been a revelation for me as I just went vegan 3-4 weeks ago.

0
Shares



Miriam

June 29, 2012 at 4:21 pm

Lesley Hi there and a huge welcome here to my site. Kudos to you for what you have done, how absolutely wonderful to have made this awesome decision. I am delighted you have found my recipe and you seem to be totally dedicated to vegan cooking now, and I feel you are enjoying both the making and tasting experience. Keep up your enthusiasm, it's infectious in the best way imaginable. I look forward to your future comments on my blog. Very best to you !



Noreen

July 7, 2012 at 9:17 pm

Thanks so much for this recipe. I'm trying it before the week is out. I just bought some "lovely" spices from Whole Foods.



Lanie

July 8, 2012 at 12:19 am

I'm looking forward to trying this curry it looks delicious! All your recipes are fantastic. Thanks Miriam.



Miriam

July 8, 2012 at 1:07 pm

Lanie Hi there and welcome here – many thanks for dropping by here with your comment and kind words. I sure hope you enjoy my recipes, including this curry, and come back and give me your feedback. Best to you !

0
Shares



Miriam

July 8, 2012 at 1:09 pm

Noreen Hi there and welcome to my blog. I am glad you are going to be trying this curry and very much look forward to your comment and feedback on it. Enjoy and very best wishes to you in the meantime.



Maraika

July 14, 2012 at 12:28 pm

Delicious. I used mild curry powder and it was just right, unless you like it hotter.



Miriam

July 14, 2012 at 12:36 pm

Quite right there Maraika, am delighted that you enjoyed my curry !



Lee

July 19, 2012 at 9:03 pm

Just Amazingly Delicious dishes.



Miriam

July 20, 2012 at 2:54 pm

Lee Hi there and welcome here. Many thanks for dropping by here with your wonderful compliment. I very much look forward to your future comments and feedback on my blog as and when. Best Wishes your way !



Cindy

September 16, 2012 at 8:21 pm

This looks absolutely delicious! Gotta try the recipe soon!



Miriam

September 17, 2012 at 10:42 am

Hi there Cindy and welcome here. I can assure you it tastes every bit as good as it looks – but will let you be the judge of that. Let me know how it goes as and when. Cheers !



Tricia

September 17, 2012 at 3:55 pm

I made this curry last night – it was delicious! So flavorful and filling – just right for one of the first cool evenings of autumn. It will become a regular part of our stew/chili/curry rotation for fall weekends! I cannot tolerate a lot of spicy heat, so I omitted the chili pepper and used mild curry instead of hot; next time I will increase the amount of mild curry to help offset those changes. It was yummy!



Miriam

September 17, 2012 at 6:06 pm

Hi there Tricia and welcome here. Many thanks for your comment and feedback on this curry – I am delighted that you enjoyed it and that it will be a fall-weekend-staple for you all. Best wishes your way and I very much look forward to your future comments on my blog!



Kathy V Foster

October 20, 2012 at 5:30 pm

OMG – Just made this – amazing. I didn't have aubergine so used cauliflower and it is delicious. Thank you so much for such an amazing recipe. This will be my go-to curry recipe forever now.



maria wilson

October 24, 2012 at 12:05 pm

hi Miriam this was just the kind of recipe i was looking for as i have aubergines pumpkins and tons of ginger in and was wondering what to do with them also the only 'take aways' we have now is the occasional veggie vindaloo cooked especially as we have asked but i really want to stop this and not have 'take-aways' at all so thank you thank you x



Miriam

October 24, 2012 at 2:59 pm

Maria Hi there and thanks for dropping by here. I am delighted that you have made this curry, how wonderful that you have found what you are looking for. And from what you say with what grows in your garden, well that in itself is awesome news ! Let me know how it goes as and when. Thanks and best

wishes your way ! Enjoy !

0
Shares



Yvonne Harley

October 28, 2012 at 5:32 pm

Well I made this earlier this afternoon – have tasted it and yum! My folks are on their way for dinner so will let you know how it fares 😊



Miriam

October 28, 2012 at 9:28 pm

Yvonne Hi and glad you enjoyed the taste. Let me know what your folks feel about it. Best wishes your way in the meantime !



Yvonne Harley

October 28, 2012 at 10:56 pm

Well my parents adored this curry. They have left with some extra for their tea tomorrow night! Miriam you recipes are great – my Mum has become a fan of your talents too! We wondered where all your inspiration comes from. Wherever it does flow from, we are truly lucky that you share with us!



Peter Powers



October 29, 2012 at 8:09 am

Thankyou Miriam,

What a lovely combination of ingredients.

This dish was really delicious and quite easy to make.

I'm also going to try it out on some dinner guests very soon.

0
Shares



Miriam

October 29, 2012 at 9:44 am

Peter Hi there and welcome here. I am delighted that you have made and enjoyed this curry and that you will be making it again for some dinner guests soon. I hope you try out some other curries and recipes from my blog and I look forward to your future comments on my blog. Best wishes your way !



Miriam

October 29, 2012 at 9:53 am

Yvonne Hi there and I am truly delighted that this curry has gone down so well, but I would love to hear back from you in due course about my roast vegetable curry, as the sauce in that is really quite moor-ish. My inspiration is rather innate I guess, I am an artist so colour and textures, shapes etc are very important to me, and I am also an aromatherapist and aromas are also important – my father had a restaurant years ago and I always tried to get involved when I could – so I think that all these have somehow combined themselves in my psyche to create an everlasting passion for creating food – combine that with my innate love for food and animals, and my determination to help be a part of ending animal cruelty and I guess one gets 'Mouthwatering Vegan' – just a note to let you know that many more new inspirational recipes will be published in my forthcoming book entitled "Mouthwatering Vegan" by Random House imprint "Appetite" next year in the Spring – if at any point you become interested in that, just let me know so that I can add you to my list of people to notify via e-mail closer to the time. Thank you so much for your interest and I

very much look forward to your (and mum if she wishes) future comments on my blog ! Best wishes your way in the meantime.

0
Shares



eva

November 5, 2012 at 10:56 pm

This was divine, I ate lots and drank some red wine with it too. Any date on your book yet please ? A million thanks, and as always well done !



Miriam

November 6, 2012 at 9:28 am

Hi Eva and thanks for dropping by here with your comment. I am delighted you enjoyed my curry. My book should be out by late next spring 2013, some months from now – thanks for your interest and will contact you closer to the time to let you know. Best wishes your way in the meantime.

Pingback: [8 Ways To Get & Stay Well During Cold Season.](#) | elephant journal



Miriam

November 8, 2012 at 11:54 am

Thanks for the Pinback.



Kathy V Foster

November 16, 2012 at 8:42 am

Made this but substituted the aubergine for cauliflower and it was amazing. Never been that good at curries but this will be my standard recipe from now on.

0
Shares



Miriam

November 16, 2012 at 9:56 am

Kathy Hi there and thanks for dropping by here with your comment. One has to bear in mind that cauliflower goes very well in curries, so you made a very good substitution there. Well done and kudos to you for making this and making it a new standard curry. I do hope you try my other curries as they won't disappoint (they are my specialities). I look forward to your future comments on my blog and best wishes your way !



Sally Smith

January 1, 2013 at 11:10 pm

Hi Miriam I made this tonight but substituted the pumpkin with big wedges of sweet potato, It was perfect. Will certainly be making it again, Thank you



Miriam

January 2, 2013 at 1:52 pm

Sally Hi there and welcome here. That sounds marvelous, it would have worked just as well with the sweet potatoes ! Hope you try another of my curries at some point as they are all as good as each other. Best wishes to you !



Bec Buchanan



January 28, 2013 at 7:50 pm

0
Shares

Hi Miriam, i made this curry as well as your spinach lentil tandoori curry and zesty curried potatoes last Friday. All were a success! I preferred this curry but my guests raved about the lentils and my husband's favourite was the potatoe dish. I was worried when making this curry that it was too dry before the 40 min simmer phase but it worked out perfectly so i needn't have worried. I have pre-ordered your book just now 😊



Miriam

January 29, 2013 at 12:25 pm

Bec Hi there, I am so pleased to hear the news about your curry making and the results – sounds like a huge success. Kudos to you for making and sharing these. I also thank you for pre-ordering my book ! Best wishes your way in the meantime !



Susanne Arena

March 5, 2013 at 6:35 am

This is the best vegetarian curry I have ever made or tried, after many disappointing recipes this one is bang on just what I have always thought a vegetarian curry should be like. Loved the pumpkin and eggplant; great combo. YUUUMMM!!!!!!



Miriam

March 5, 2013 at 8:00 am

Hi Susanne and welcome here. I am so glad that you tried out this curry & enjoyed it thoroughly, that's awesome. I do urge you to try my other curries too, they are every bit as good as this too – it's an area I am very devoted too, since like yourself I have been unimpressed with what I have been served in curry places over the years. Could I

recommend you make my Roast Vegetable & Fruit Curry at some point in the future – it's a massive treat and here it is for you <http://www.mouthwateringvegan.com/2011/05/11/roast-vegetable-fruit-coconut-curry/> It's popular and has been published in many places too. 😊

0
Shares



Emily

March 22, 2013 at 1:02 am

I made this dish tonight with pilau rice and the avocado and mango salad for a vegan guest who is a monk practicing kindness and non violence to all beings! We all really enjoyed it. Delicious and healthy. I eat so much more veg when I cook vegetarian or vegan food, it feels so good for me. Definitely going to cut down on eating meat if not stop altogether with inspiring recipes like these. Thank you Miriam. I will make this again soon.



Miriam

March 22, 2013 at 3:18 pm

Dear Emily, what a wonderful comment, so inspiring ! Congratulations and kudos to you for making up such a wonderful menu for your compassionate guest, how heartwarming ! My emphasis in my recipes is on taste, texture, colour and all plant based. There are so many recipes to choose from from my blog, so please feel free to browse the category (and scroll down to the contents of it) section on the right hand side of my home page. I very much look forward to your future comments on my blog and thank you so much for your kind words. Cheers and best !



Rasika

May 10, 2013 at 12:20 am

Hi Miriam

I tried this curry out today and it came out really well, thanks for the great recipe. The only change I made was to cook the veg for about 20 mins rather than 40mas they didn't need that long. Thanks again !

0
Shares



Miriam

May 10, 2013 at 10:20 am

Raskika Hi there and thanks for dropping by here with your feedback. I am so glad you made and enjoyed this ! Yes, I find that depending on the veggies themselves, sometimes they need a shorter time to slightly tenderize and other times longer, as is the case with potatoes for example. So very glad you enjoyed it though ! Hope you enjoy my other curries and recipes too ! Cheers your way in the meantime. 😊



Annabel

May 28, 2013 at 3:41 am

Thinking of trying this recipe and I'm curious if by red peppers you mean red bell peppers or a medium size variety of chilli.



Miriam

May 28, 2013 at 8:54 am

Annabel Hi, I mean red bell peppers yes. Let me know how it goes as and when you have made and tried it ! 😊



Miriam

October 28, 2013 at 7:39 pm

Kathy Hi, Apologies for the delay in answering this comment Deborah but this message went into my 'others folder' so glad you made and enjoyed this recipe. 😊 And look forward to your future comments on my blog! 😊

0

Shares



Susan

November 8, 2013 at 2:30 pm

Just discovered all these mouthwatering recipes for vegan curry and I can't wait to get started. Will let you know how I get on, and if my meat eating husband enjoys them!



Miriam

November 8, 2013 at 5:38 pm

Susan Hi there and welcome here. Yes, let me know how it goes with your husband. I have many vegans with non-vegan partners on my blog and all of them have loved my food! Also be sure to try him on a few basics like my bolognese madness etc. Enjoy and I look forward to your feedback as and when! 😊



Eve

May 26, 2014 at 5:06 pm

I was looking for nice vegan recepies and I'm excited to try this curry. Think that ginger matches perfectly. Thank you 😊



Miriam

May 27, 2014 at 8:34 am

Hi Eve and welcome here. Hope you enjoy it and let me know how it goes. 😊

0
Shares



Halley

October 12, 2014 at 4:44 pm

Um...Calorie count?



Miriam

October 18, 2014 at 11:31 am

Halley Hi. Sorry we don't count calories on this site. Shouldn't be too high though, and it's certainly cholesterol free. Hope you enjoy it if you make it ! 😊



Jo

September 14, 2016 at 8:12 am

Thanks so much,I had put eggplant peas and pumpkin in Google and your recipe came up. This dish is delicious, would never have thought of combining eggplant and pumpkin. I added a tin of tomatoes as well as sultanas and coconut milk, with left over Linda McCartney mince. Will definitely be making this again. Love the flavor thanks again!



Miriam

September 18, 2016 at 10:43 am

Hi there Jo, thanks for dropping by here. Am so glad you made my curry and hope you make many more and enjoy them. I look forward to your future comments on my blog ! 😊

0
Shares