

# Pumkin stew with Persian golden plums

**Time to prepare 10 minutes**

**Time to cook 45-60 minutes**



## Ingredients

lamb meat 500g (1lb), cubed  
onion, finely chopped 1  
pumpkin 300g (6,6 lb), cubed  
(Persian golden plum, 200g (4,4 lb  
(vegetable oil 108 ml (1/2 cup  
turmeric 1 tbsp  
cinnamon 1tsp  
ground ginger 1tsp  
salt and pepper  
(boiling water 1lit (4 cups

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## To make

Using half of the oil, stir-fry the onion on medium heat. Add turmeric and stir gently. Then add the meat and pepper. Add boiling water from the kettle and let it simmer on medium .heat for 30 to 45 minutes or until the meat is tender

In a separate pan, heat the remaining oil and sautee the pumpkin cubs until they change colour and are a bit tender

.Soak the golden plums in 250 ml (1 cup) of boiling water in a bowl and let it rehydrate  
Once the meat is cooked, add the sauteed pumpkin and rehydrated plums and cook for 15 .more minutes

.In the end, add the ground cinnamon and ginger and salt to taste

This delicious and aromatic stew can be served on a bed of steamed white rice

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