



PACIFIC COAST
FARMERS' MARKET
ASSOCIATION

CURRIED OPO SQUASH



Take an ordinary opo squash and turn it into an amazing curry in just a few short steps. Chana dal is a pale yellow lentil used in Indian cuisine.



01 HR 15 MINS



Serves 8



INGREDIENTS

- 2 medium-size opo squash, diced into medium size cubes
- 1/2 cup Chana Dal (a yellow lentil), presoaked for 1 hour
- 3 tablespoons oil
- 1 tomato, diced
- 1/4 teaspoon black mustard seeds
- 1 teaspoon turmeric
- 1/4 teaspoon cumin
- 1/2 teaspoon coriander powder
- Chile powder (optional, for heat)
- 1 cup water and more to add as needed
- Freshly chopped cilantro for garnish

METHOD

Drain the water out of the Chana Dal. On medium-high heat, toast mustard seeds in a dry skillet until they become fragrant and begin to pop.

Add the oil to a large heavy-bottomed sauce pan and set to medium-high heat. Add the diced opo squash, Chana Dal, turmeric, cumin, coriander, mustard seeds, salt, chili powder, chopped tomatoes, and 1/2 cup water. Combine thoroughly.

Cook for 45 minutes to 1 hour, stirring to ensure the Dal does not stick to the bottom of the pot. When the Dal has cooked through it will be soft and creamy. Add salt to taste and cook off any extra liquid if necessary (note that the curry should be pretty thick and not runny).

Turn off the heat, add freshly chopped cilantro, and serve hot with naan bread or over rice.