



November (autumn time recipe)

Pumpkin Goulash

Ingredients (for 4 people):

Earth

1 middle-sized Hokkaido pumpkin
4 potatoes
5 teaspoons olive oil
1 teaspoon butter

Metal

2 onions
2 pieces leek
2 teaspoons ginger (or a piece of fresh ginger)
200 g Spanish/vegetable onions
1 clove of garlic

Water

Salt
4 small pork cutlets or its equivalent in goulash

Wood

Lemon juice
1 bunch of parsley

Fire

Paprika powder

Preparation:

Wash the pumpkin, remove the seeds and divide it into halves. Then dice it.

Peel the Spanish onions and slice them. Wash the leeks and slice it.

Peel the potatoes and cut them into small pieces. Peel the onions and dice them, chop the ginger. Cut the pork cutlets into small pieces.

Heat the olive oil in the pan. Peel the clove of garlic and put it into the hot oil. Mix in the onion, ginger and pumpkin at the same time. Then, add the meat and roast it gently. Stir in the salt, pepper and lemon juice. Add the leeks. Let everything steam for a few minutes and then add half of a glass of water or some vegetable stock. Then put the lid on the pan and let everything steam until the pumpkin gets tender (approximately 8-10 minutes). Then take off the lid and let the liquid cook until it evaporates.

Season the dish with the parsley, some paprika powder and a tiny bit of butter.

Enjoy your meal!