

Pumpkin Stew

Makes 4 - 6 servings

12 ounces pumpkin

Seasonings:

2/3 cup soup stock or water

2 tablespoons coconut or evaporated milk

2 teaspoons rice wine

1 teaspoon sesame oil

1/2 teaspoon salt

1/2 teaspoon sugar

1/4 teaspoon white pepper

1-1/2 tablespoons cooking oil

1/4 cup diced Virginia ham or spam

2 tablespoons dried wolfberries, soaked and drained (optional)

2 green onions, cut into 2-inch pieces

1/4 cup diced carrot

1/4 cup diced onion

1. Peel, seed and cut pumpkin into 1-inch pieces. Place pumpkin on a foil-lined baking sheet. Bake in a pre-heated 350 degree F oven for 10 minutes. Remove and set aside. Combine seasoning ingredients in a bowl; set aside.
2. Heat a pot over medium-high heat until hot. Add 1-1/2 tablespoons cooking oil, swirling to coat bottom. Add ham; stir-fry until fragrant. Add pumpkin, wolfberries, and green onions; stir fry 2 minutes. Add carrot, onion and seasonings; bring to a boil. Reduce heat to medium-low; cover and cook 10 - 12 minutes or until pumpkin softens. Serve.

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