



Garden Fresh Farm Recipes

Bengali-Style Green Pumpkin Curry (Chaal Kumro Tarkari)

We had a surprise volunteer pumpkin plant sprout at the edge of our garden this spring, and we let it grow out of curiosity. When it produced a tender green pumpkin, we knew exactly what to do. This Bengali-style curry—known as Chaal Kumro Tarkari—is simple, aromatic, and deeply satisfying. Cooked with mustard seeds, panch phoron, and a touch of sweetness, it brought out the best in our homegrown harvest. Served with rice, it was earthy, flavorful, and absolutely delicious.

Ingredients:

3 cups green pumpkin (unripe), peeled and diced
1 medium potato, peeled and diced (optional for body)
1 tsp panch phoron (Bengali 5-spice mix)
1–2 green chilis, slit
½ tsp turmeric powder
1 tsp ground cumin
½ tsp red chili powder (adjust to heat preference)
Salt to taste
1 tsp sugar
2 tbsp mustard oil (or vegetable oil)
1 dried red chili (optional)
½ cup water
Fresh cilantro, chopped (for garnish)



Directions:

Peel and dice the green pumpkin and potatoes (if using) into small cubes.

Heat the oil in a pan, once hot and smoking slightly, lower heat and add: Panch phoron, Dried red chili (if using), Green chili.

Sauté for 30 seconds until the spices sizzle and become aromatic.

Add vegetables, toss in the diced pumpkin (and potato). Stir well to coat with oil and spices.

Add spices, sprinkle in turmeric, cumin, red chili powder, salt, and sugar. Mix thoroughly.

Add water, pour in about ½ cup water, cover, and simmer for 15–20 minutes on medium-low, until the pumpkin is soft and has released some of its own water.



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Uncover and reduce, stir occasionally and cook uncovered for a few more minutes to let the curry thicken slightly. The final texture should be soft, mashable chunks with thick spiced juices.

Garnish & serve, top with chopped cilantro. Serve hot with steamed rice, dal, or flatbread.

Notes:

Panch phoron is a spice blend of fennel, nigella (kalonji), cumin, fenugreek, and mustard seeds. You can toast and mix it yourself if not store-bought.

Add a drizzle of raw mustard oil at the end for bold flavor (optional but traditional).