

# July at the Fresh Market

Winter now has the Eastern Bay firmly in its grasp, and what better way to stay warm than with hearty vegetable soups and stews? They're healthy, affordable, satisfying and best of all, easy to make.

lookfood

## Curried Pumpkin Soup (serves four)

This recipe is perfect if you need to whip something up nutritious in a hurry.

### Ingredients

2 tbsp olive oil  
2 tbsp butter  
1 onion, chopped  
1 tbsp curry powder  
2 tbsp tomato paste  
1 kg pumpkin, coarsely chopped with skin and seeds removed  
6 cups liquid vegetable or chicken stock  
Juice of one lemon  
1/2 cup cream  
Salt and freshly ground black pepper

Heat oil and butter in a large pan. Add onion and cook over a low heat for five minutes to soften. Add curry powder and cook for another minute. Add tomato paste, pumpkin and stock and bring to the boil, then turn down the heat and simmer for 15 minutes or until vegetables are very soft. Puree the mixture in a blender, then return to the pan to reheat. Stir in lemon juice and cream and season with salt and pepper to taste. Top with coriander before serving.

## Winter Vegetable Stew (serves four)

The types of veges used in this tasty stew can be modified depending on what produce is available.

### Ingredients

1 tbsp vegetable oil  
1 medium onion, chopped  
1cm piece ginger, peeled, chopped  
2 cloves garlic, peeled, part-crushed, chopped  
1 tsp ground coriander  
1 tsp ground cinnamon  
1 tsp turmeric  
1 tsp whole cumin seeds  
3 carrots, peeled, cut into 2cm cubes  
2 30g tins chickpeas  
2 zucchini, cut into 2cm discs  
1/2 pumpkin, de-seeded, peeled and cut into 2cm cubes  
1 tin chopped tomatoes  
Salt and pepper to taste

Heat the oil in a saucepan and add the onion and ginger. Cover and sweat over a very low heat until translucent. Add the garlic and spices and stir for around one minute, then add the carrots. Cover and sweat for another five minutes, then add the chickpeas, zucchini, pumpkin and tomatoes. Adjust the seasoning, cover and cook until the vegetables can be pierced easily with the tip of a sharp knife. Serve with couscous or brown rice.



THE FRESH MARKET

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Your Green Grocer

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### Open Hours:

7 Days a week 8am - 6pm  
Closed public holidays

Brothers, Howard & Jeremy Johnson have spent a lifetime in the green grocery business and have become specialists in quality produce.

For a wide variety of the freshest, greenest, juiciest, healthiest fruit & vegetables in town, ingredients, sauces and unbeatable service, go to The Fresh Market, next to Pak n Save, Lovelock street, Whakatane.

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