Pan of Bliss

Let's cook it real slow!

Erissery With Pumpkin and Black-Eyed Peas

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Prep Time 20 minutes minsCook Time 20 minutes minsTotal Time 40 minutes

Ingredients

- 250 gms Yellow pumpkin (deseeded, diced)
- ½ cup Black-eyed peas (soaked overnight)
- ½ tsp Turmeric powder
- 1 tsp Red chilli powder

For Grinding

- 3 tbsps Coconut shredded
- 3 nos. Green chillies
- ½ tsp Cumin seeds

For Seasoning

- 1 tbsp Coconut oil
- ¼ tsp Mustard seeds
- 2 nos. Dry red chillies
- 10-14 nos. Curry leaves
- 2 tbsp Fresh shredded coconut
- 1 tsp Salt (as per taste)

Instructions

1. Wash soaked black-eyed peas and pressure cook for 4 to 5 whistles. In the same cooker, add diced yellow pumpkin pieces and salt.
2. Add turmeric and chilli powder. Do not add water, as the pumpkin leaves water while cooking.
3. Pressure cook for 1 whistle. Open the cooker, mash the pumpkin lightly with a

spatula.

Grind the following ingredients

1. Grind 3 tablespoons of coconut, green chillies, and cumin seeds with very little water to a coarse paste. Set aside.
2. Mix the coconut paste into the cooked pumpkin and black-eyes peas mixture. Mix well and let it simmer on medium flame.

Seasoning

1. Heat the coconut oil in a seasoning pan. When it is hot, add mustard seeds to crackle. Add dry red chillies and curry leaves and fry. Add in the freshly shredded/grated coconut and fry till it is golden brown. Switch off the stove.

Tempering

1. Add the tempering to the pumpkin mixture and mix.Adding the golden brown, tempered grated coconut towards the end is vital to enhance the flavor of the dish. The essence of the Erissery lies in this crucial step!

Notes

Tips/Notes for the perfect Erissery Soaking the black-eyed peas overnight is recommended to ensure they cook evenly and quickly. Pumpkin: Opt for ripe, firm, orange pumpkin. It imparts a deeper flavour to the dish. Cook the pumpkin pieces till they are tender but not mushy. Coconut paste: Ensure the coconut paste is slightly coarse and not watery. Roasted coconut for garnish: The last step of adding golden brown, grated coconut lends the dish an extra layer of flavour and aroma. Let it rest before serving: Allowing the Erissery to rest for a few minutes helps the flavours blend, thereby enhancing its taste.