



Recipe kits

CARIBBEAN PUMPKIN & BLACK EYED BEAN SOUP WITH DUMPLINGS



Equipment

- Bowl
- Mug
- Medium-sized pot
- Peeler
- Chopping board
- Knife

Dumplings ingredients

- $\frac{3}{4}$ mug of plain flour
- Pinch of salt
- Tbsp of butter or oil
- $\frac{1}{4}$ cup of water

Soup ingredients

- Small pumpkin, peeled and diced
- Tin of black eye beans (400g)
- 2 cloves of garlic, finely chopped
- Thumb sized piece of ginger, finely chopped
- 1 tbsp oil
- 1 tsp salt
- 1 tsp black pepper
- 5 sprigs of thyme
- Half a scotch bonnet/2 small red chilis/half tsp chili powder – adjust quantity to taste
- 2 small/1 big onion
- 1 veg stock, crumbled
- 6 cups water



Method

1. Start by making the dumplings. Add the flour and salt to a bowl. Add the tablespoon of oil and mix in to form a fine crumb. Add the water a little bit at a time, mixing it into a dough until it comes off the sides and forms a ball. If it's too dry, add a little more water. If it's too wet, add a little more flour.



2. Separate the ball into small chunks and roll them in the palms of your hands to form balls. The recipe makes approximately 12 small dumplings. The smaller the dumplings, the quicker they will cook so you don't want them to be too big. Put them to one side for now.



3. Next, prepare your pumpkin or squash. Cut the pumpkin in half and scoop out the seeds.

4. Peel the pumpkin using a peeler and cut into cubes by first cutting it into slices and then cutting into cubes. You want the cubes of pumpkin to be around the same size as the dumplings. Next, peel and chop the rest of the veg as per the ingredient list.



5. In a medium sized pot, heat the oil over medium heat. Once hot, add the onions, garlic, ginger and chili, and fry for 4-5 minutes. Season with salt, pepper and thyme, and combine well.
6. Once these are golden brown, add the stock and water. Bring to a boil, then add the dumplings. Reduce to medium-low heat and let simmer for 10 minutes. Add the cubed pumpkin and let simmer for a further 15 minutes. If you wish, you can remove some of the pumpkin cubes and mash with a potato masher then add back to the pot for a smoother result.
7. Taste your soup to check for seasoning and thickness and adjust accordingly. If it's too thick, add a dash more water. If it's too liquid, let simmer for a little longer to reduce. Then, add the black eye beans and cook for 3 minutes, until the beans are warmed through.

8. Dish up and enjoy!

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