

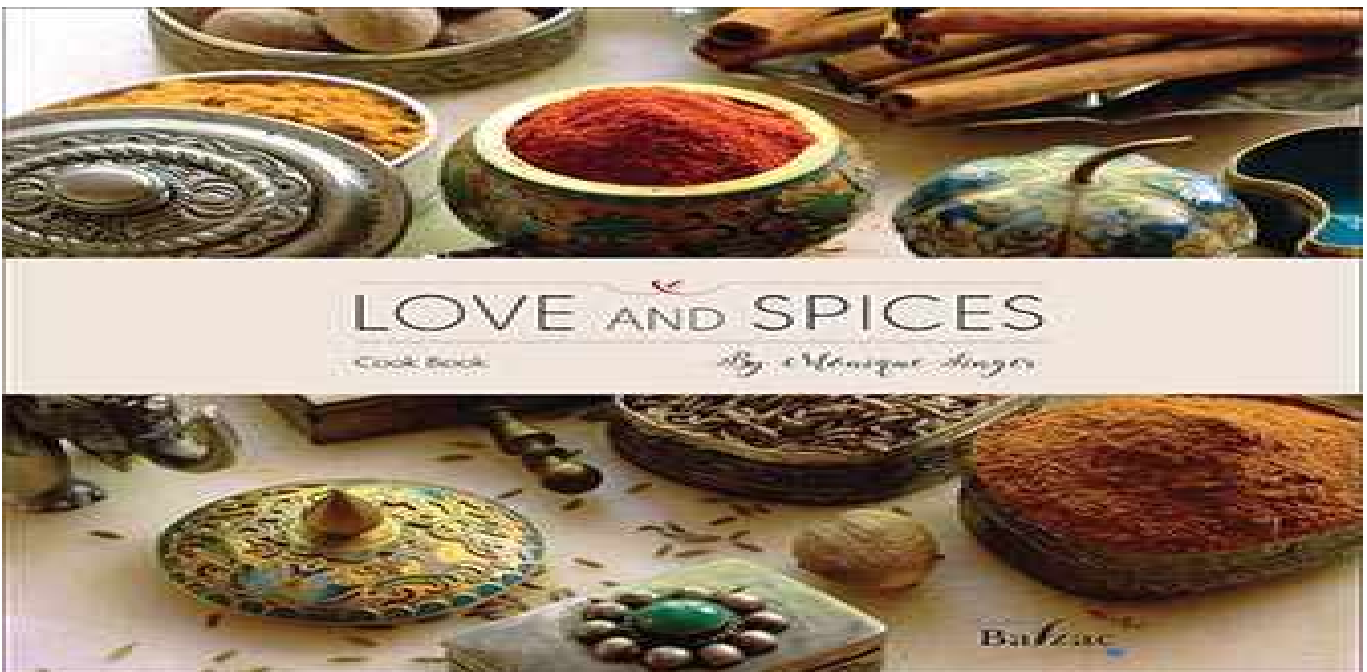


Love and Spices:
Cardamom Roasted Pumpkin

Description

Something different and delicious to do with pumpkin for Halloween

Recipe by **Monique Singer**



Westmount Magazine is proud to offer its readers sample recipes from [Love and Spices](#), a beautifully illustrated cookbook by **Monique Singer**. With this series, you will discover some unique recipes dedicated to cooking with spices, from hors d'œuvres to desserts.

Monique Singer knows how to make people talk, sing and dance spices! From her earliest childhood, alongside her grandmother and sisters, she learned how to create a delicious and original cuisine with her senses, her hands and all her love.



From her family's table to the jet-set parties she has catered in New York, Los Angeles, Venezuela, Spain, Haiti, and Asia, regardless of the set-up, function, atmosphere or style, Monique's food has left its imprint on people's taste buds.

Enjoy!

Cardamom Roasted Pumpkin Squash

Preparation time: 30 min | Baking time: 15 min | Preheat oven: 350°F/175°C | Yields: 4 servings

- 1 large pumpkin squash, cut into large cubes
- 1 red onion, sliced
- 2 garlic cloves, crushed
- 3 tbsp / 60 ml coconut oil
- 1/4 cup / 60 ml vegetable broth
- 1/2 cup / 30 g pumpkin seed, toasted
- 1/2 tsp coriander seeds, ground
- 1/2 tsp cardamom, ground
- 1/4 tsp turmeric
- 1/4 tsp cayenne, optional
- 1/4 tsp grain of paradise, optional
- 1/2 tsp sea salt
- 1/4 cup / 15 g of fresh cilantro, chopped for garnish

In a skillet over medium heat, sauté the onion until translucent. Add the cut pumpkin and cook for about 8 to 10 minutes until golden, stirring occasionally. Remove from heat and stir in all spices, sea salt and cayenne until well coated. Pour in the vegetable broth and roast in the oven until tender and all liquid has evaporated. Serve hot with chicken or meat if you wish.

Images: Anne Fillion

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Monique Singer is a cultural creator now based in Montreal, usually found travelling the world, experiencing other cultures and sharing what she finds most interesting. At the top of her food passion is her attraction for spices, their benefits and the distinctive flavour they bring to all dishes. [Linkedln](#)



Category

1. Gastronomy
2. Recipe

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1. Cardamom roasted pumpkin squash
2. Halloween
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4. side dish

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