



## Spicy Pumpkin Dip

### **Favorite farm recipes.**

This spicy pumpkin dip resembles an aljouke, a Tunisian cooked vegetable dish served warm or at room temperature as an appetizer or first course. Serve it with fresh vegetables or pita triangles.

#### Ingredients

1 lb. pumpkin flesh, peeled and cut into 2-inch chunks   2 cloves garlic, minced   1 tsp. ground coriander   ½ tsp. ground caraway   ¼ tsp. cayenne   1/8 tsp. cinnamon   Salt to taste   3 T. sour cream

#### Preparation

Using a vegetable steamer, steam pumpkin chunks until tender, about 25 minutes. Rinse in cold water to chill. Place pumpkin chunks in a colander to drain, gently squeezing out excess water.

In a shallow bowl or on a large plate, mash pumpkin chunks with a fork until they are coarsely pureed. There should be some small chunks of pumpkin left. Blend in the spices, salt and sour cream. Serve dip chilled or at room temperature.