

Ricky's Canary Island Stew

Beth O'Sullivan; courtesy of Ricky Leacock and Alice MacSorley



Recipe

Scoop seeds from a sweet pumpkin cut into 4 wedges, bake sprinkled with salt, pepper and a very mild red pepper like piment D'Espelette or mild aleppo, drizzle with oil. Kabocha or Hubbard squash can be substituted. 350 degrees 45+-minutes.

Scoop out baked pumpkin, stir in vegetable stock to desired consistency and add fresh rosemary, salt, pepper, mild red pepper to taste.

Add sautéed zucchini, cooked sweet white corn. If frozen doesn't need to be cooked first, just heated in the stew, or any fresh, cooked corn cut off the cob.

Add cooked green beans, cooked sliced carrots, cooked potato bite size pieces and chickpeas all in desired amounts.

Heat thoroughly in pan in oven or on top of stove.