PERUVIAN PUMPKIN STEW (LOCRO DE ZAPALLO)

A rich and satisfying vegetarian Peruvian dish. Recipe adapted from Epicurious.com.

INGREDIENTS

- ¼ cup olive oil
- 1 small red onion, minced
- 2 cloves garlic, minced
- chili pepper, minced or in a paste (optional)
- 1 Tbsp fresh oregano
- 3 ½ pounds fresh pumpkin or butternut squash, peeled and cut into ½-inch cubes
- 3 medium potatoes cut into ½-inch cubes
- salt and pepper, to taste
- 1 cup frozen green peas, thawed
- 1 cup frozen corn kernels, thawed
- ½ cup feta cut into ½-inch cubes
- ½ cup cream
- 1 bunch cilantro

METHOD

Saute onion in the oil. When onions are translucent, stir in garlic, chili, squash, salt, and pepper. Simmer.

When the squash is soft, add potatoes, oregano, green peas, and corn. Let simmer, adding water only if the stew gets too dry and starts to scorch.

When the potatoes are fork-tender, mix in cheese and cream. Serve with cilantro leaves sprinkled on top.