

pumpkin



Recipes

National Pumpkin Day

This spooky season, prepare to unlock the hidden magic of pumpkins beyond the eerie jack-o'-lanterns! We're about to embark on a thrilling culinary adventure, where we'll reveal the secrets of those seemingly useless pumpkin guts!

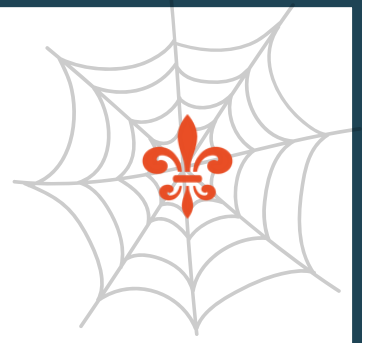
Amidst the bounty of pumpkins that have taken over your local supermarket, we're here to dazzle your taste buds with a bewitching array of delectable recipes that will leave you utterly enchanted.



Using your pumpkin guts

Roasted Pumpkin Seeds

Simple, 30 minute recipe

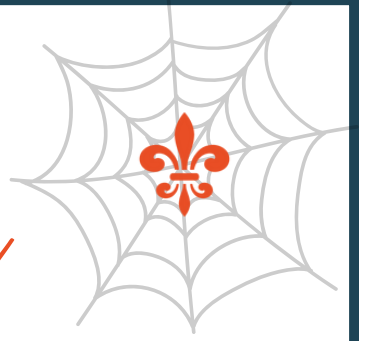


Pumpkin seeds are a great thing to have in the cupboard, you can pop them on top of salads, cookies, hummus and even in your granola. Pumpkin seeds are super healthy for you, providing a great source of iron, magnesium, fibre, zinc, potassium, protein and healthy fats. And oh look! You just happen to have a big load of pumpkin seeds within your bowl of lovely pumpkin guts. This is a super easy recipe, just watch out when cooking... the insides cook a lot quicker than the outsides!

- 1. Clean your seeds:** the super annoying and sticky task of cleaning your seeds can be made a lot easier with a sieve over the sink and use your hands to break it all apart.
- 2. Boil your seeds:** Add your seeds to a boiling pot of water with 1 teaspoon of salt. Simmer on a low heat for 10 minutes and then drain.
- 3. Dry your seeds:** Make sure your seeds are then dried with a tea towel, they may stick but you just need to brush them off the towel with your hands. The seeds don't have to be bone dry so don't take too much time drying them thoroughly.
- 4. Spread your seeds on baking tray:** Place your seeds on a baking tray and add about a teaspoon of olive oil, massage this into the seeds and spread them evenly so they are not overlapping. Sprinkle some fine salt on top.
- 5. Roast your seeds:** Bake the tray of seeds at 170 degrees Celsius for 8-10 minutes. Take out and stir. Spread them back out and bake for another 5-8 minutes. During the last 5 minutes of cooking, you may want to break a few seeds open to ensure the insides are not burning. The inside should not be dark brown. Every oven is different so please keep an eye on them.



Using your pumpkin guts

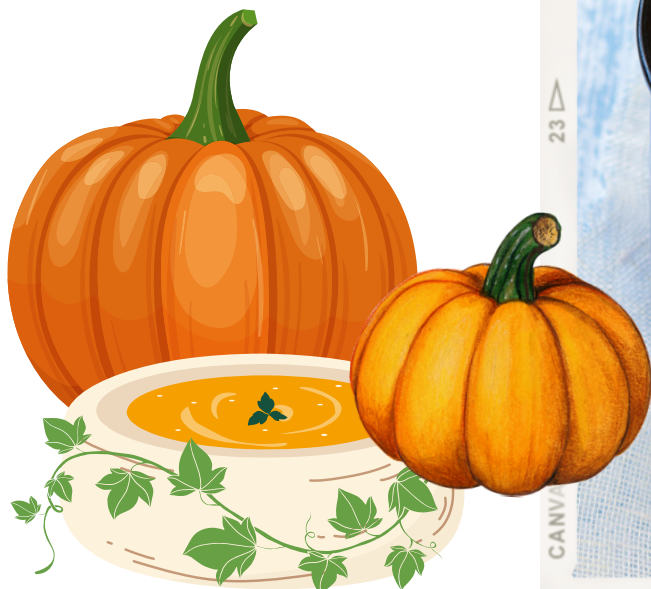


The Perfect Pumpkin Puree

70-80 minute recipe

When carving your pumpkin you want to scrape out all of that good flesh in order to make a good batch of puree. Or if your Jack-o-Lantern is still in good condition, you can chop it up, give it a wash and make pumpkin puree this way too. Pumpkin puree is kind of like a base recipe that you can make to utilise in lots of different recipes from hummus and autumnal drinks to cakes and bread. Having a batch of this organic puree is really handy!

1. Preheat your oven to 180 degrees Celsius.
2. Wash and chop up your pumpkin into medium sized wedges.
3. Place the pieces onto a large baking tray and pour half a cup of water in the bottom of the tray.
4. Cover with foil and bake for 45-60 minutes. The pumpkin should be soft and easy to stick a fork in. Leave to cool on the side.
5. Once you can pick up and handle the pumpkin, scrape the mushy pumpkin from the skin into a food processor or blender. And mix until evenly pureed.



Using your pumpkin guts

Pumpkin Sugar Honey Body Scrub

Simple, 10 minutes- **DO NOT EAT**



This organic recipe is a perfect way to use ALL the guts you would normally throw in the bin. Although this one is not for eating, it smells super good! This scrub will be at its best for 1 week, to ensure fresh use, make small batches.

For more defined instructions, see below!

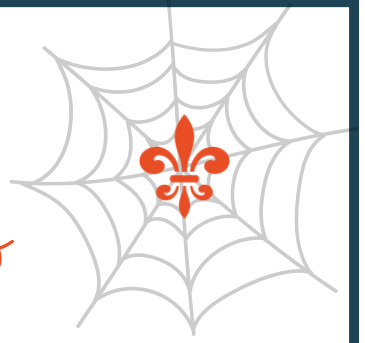
You will need:

- 1 cup course raw sugar
- ½ cup pure organic pumpkin puree
- 1 teaspoon honey
- 1 tablespoon almond oil

1. Mix all your ingredients together in a small bowl until well combined.
2. Your personal preferences may call for you to add more oil so it is easier to spread or more sugar, so it is more abrasive.
3. Store in a tight container in the refrigerator and use within the week.



Using your pumpkin guts



Pepper & Pumpkin Hummus

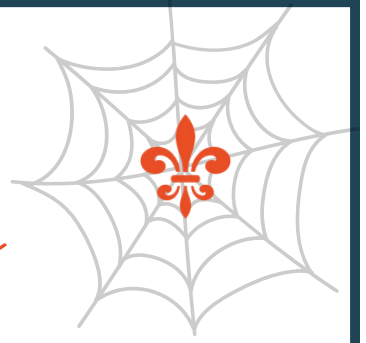
60 minute recipe

This delicious hummus uses your yummy roasted pumpkin seeds from an earlier recipe and any pumpkin you may have made into a Jack-o-Lantern or bought from the shop this spooky season. You can always add in butternut squash or any other vegetables that you love!

1. Preheat your oven to 200C/180C fan/gas 6.
2. Put your chopped pumpkin pieces (flesh only) into a baking tray with the garlic and plenty of oil.
3. Bake for 45 minutes until soft. Then leave to cool.
4. Put your baked pumpkin and garlic into the food processor, don't forget any juices from the baking tin too.
5. Add lemon juice, tahini paste and all your chickpeas. Season with salt and blend to taste. If the consistency is too thick for you, add some extra oil.
6. Scoop the hummus into the service dish, you could even serve in a small pumpkin if you are feeling fancy. Sprinkle with extra oil on top, pumpkin seeds and some spices such as paprika if you like.



Using your pumpkin guts



Warming Pumpkin Drinks

5-20 minutes per recipe

Spiced Pumpkin Punch

Simply mix together the following ingredients:

- 1 tbsp pumpkin puree
- 1 tbsp honey
- 1 tbsp fresh lemon juice
- 60ml bourbon
- A pinch of ground ginger
- A pinch of ground cinnamon
- 50ml ginger beer
- 1 cinnamon stick for garnish
- Sage leaves for garnish
- Dash of ground cinnamon for garnish



Spiced Pumpkin Smoothie

Simply blend together the following ingredients (for extra sweetness at honey or maple syrup):

- 3 tbsps pumpkin puree
- 250ml milk (any milk of your choice; dairy, almond, oat etc)
- 1 banana
- 1 cup ice
- 1 tsp vanilla extract
- 1 tsp cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon all spice



Spiced Warm Pumpkin & Rum

- 250ml pumpkin puree
- 625ml non fizzy apple cider
- 75ml spiced rum *
- 1 and a half teaspoons pumpkin pie spice (cinnamon, ginger, nutmeg, cloves & all spice)
- Cinnamon stick

1. In a large pot mix the pumpkin puree, spice, cider and cinnamon stick. Simmer on low heat for 20 mins until well combined. If the mixture becomes too thick, add more cider.
2. Strain the mixture to remove lumps and the cinnamon stick.
3. Add the rum, stir and serve warm.



Pumpkin & Butternut Squash Soup

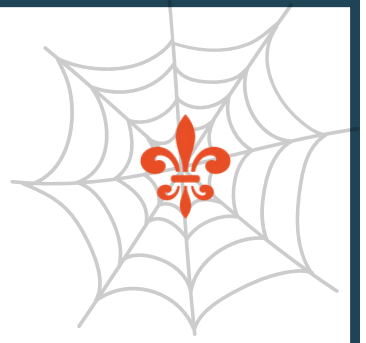
60 minute recipe

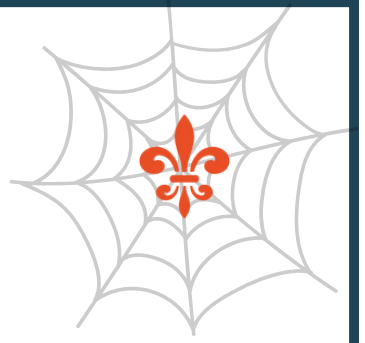
Follow the steps below:

1. Preheat oven to 190°C and line a baking sheet with foil.
2. Quarter the pumpkin and butternut squash, removing seeds.
3. Brush with olive oil, sprinkle with salt and white pepper. Roast for about 45 mins or until tender. Cool, peel, and cube.
4. Heat 2 tsp olive oil in a pot, sauté onion and garlic.
5. Add roasted squash and pumpkin, mix. Add nutmeg, coriander, salt, and white pepper.
6. Pour in broth, bring to a boil. Once thoroughly mixed and simmered, blend the soup until smooth.
7. Adjust seasoning if necessary. Top with pumpkin seeds.

You will need:

- 360g butternut squash (about 1 small squash)
- 360g pumpkin (about 1/2 of a pumpkin)
- Salt and white pepper
- Extra virgin olive oil
- 1/2 of a yellow onion, diced
- 2 small cloves of garlic, minced
- 875 ml vegetable or chicken broth
- 2 pinches of nutmeg
- 1/2 teaspoon of ground coriander





Stuffed Pumpkins

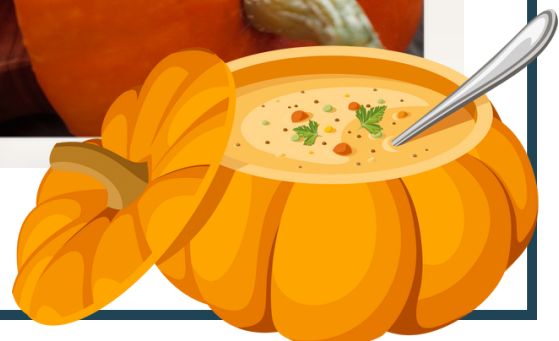
60 minute recipe

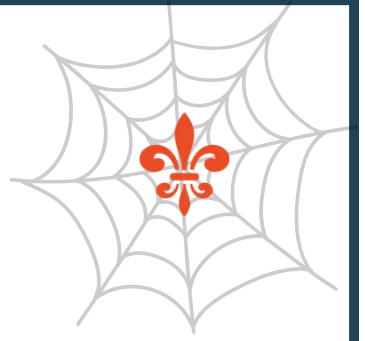
Follow the steps below:

1. Preheat oven to 200°C (180°C fan/gas 6). Cut off the top of the pumpkin/squash and remove seeds. Rub with 2 tbsp of oil, season, and roast for 45 mins.
2. Cook wild rice, cool it. Slice fennel, apple, and add lemon juice.
3. Heat 2 tbsp oil, fry fennel seeds and chili. Add garlic, fennel, apple, pecans, and lemon zest. Mix with cooked rice, add parsley, and season.
4. Pack mixture into the cooked pumpkin and heat for 10-15 mins. Whisk remaining lemon juice with tahini, garlic, and water for a dressing. Serve topped with pomegranate seeds and dressing.

You will need:

- 1 medium-sized pumpkin or round squash (about 1kg)
- 4 tbsp olive oil
- 100g wild rice
- 1 large fennel bulb
- 1 Bramley apple
- 1 lemon, zested and juiced
- 1 tbsp fennel seeds
- ½ tsp chilli flakes
- 2 garlic cloves, crushed
- 30g pecans, toasted and roughly chopped
- 1 large pack parsley, roughly chopped
- 3 tbsp tahini
- pomegranate seeds, to serve





Pumpkin Banana Bread

2 and 1/2 hour recipe

Follow the steps below:

1. Preheat the oven to 180°C (160°C fan).
2. Grease and line a loaf tin.
3. Mash bananas in a bowl. Add pumpkin puree, mix together well.
4. Add in the eggs, sugar, and melted butter.
5. Sift in flour, baking powder, and mixed spice.
6. Fold until you have a batter and pour this into the loaf tin.
7. Make a shallow line down the centre to give the bread a curve.
8. Bake for 1 hour or until a skewer comes out clean without batter sticking too it.
9. Let the bread cool when out of the loaf tin.
10. Slice and eat. You could also spread butter on top too!

You will need:

- 115 g melted slightly salted butter
- 1 ripe banana (100g)
- 100 g pumpkin puree
- 2 medium room-temperature eggs
- 100 g white caster sugar
- 250 g self-raising white flour
- ½ tsp baking powder
- 2 tsp pumpkin pie spice



Pumpkin Pie

1 hour and a 1/2 recipe



Follow the steps below:

1. Place the pumpkin in a saucepan, cover with water, and bring it to a boil (if you have premade pumpkin puree you can just use this).
2. Simmer for 15 minutes until it's tender. Drain and let it cool.
3. Preheat the oven to 180°C (160°C fan/gas 4).
4. Roll out the pastry, line a 22cm tart tin, and chill for 15 minutes.
5. Line the pastry with parchment and baking beans, then blind bake for 15 minutes.
6. Remove the beans and paper, and bake for an additional 10 minutes until it's golden. Allow it to cool slightly.
7. Increase the oven temperature to 220°C (200°C fan/gas 7).
8. Push the cooled pumpkin through a sieve into a large bowl.
9. In a separate bowl, mix sugar, salt, nutmeg, and half the cinnamon.
10. Add beaten eggs, melted butter, and milk to the dry mixture, then combine it with the pumpkin purée. Pour this filling into the tart shell.
11. Bake for 10 minutes, then reduce the temperature to 180°C (160°C fan/gas 4).
12. Continue baking for 35-40 minutes until the filling sets.
13. Allow the pie to cool, then remove it from the tin.
14. Mix the remaining cinnamon with the icing sugar and dust it over the pie.
15. Serve the pie chilled.

You will need:

- 750g pumpkin or butternut squash, peeled, deseeded and cut into chunks
- 350g sweet shortcrust pastry
- 140g caster sugar
- ½ tsp salt
- ½ tsp nutmeg
- 1 tsp cinnamon
- 2 eggs, beaten
- 25g butter, melted
- 175ml milk
- 1 tbsp icing sugar



Halloween Pumpkin Cake

1 hour recipe

Follow the steps below:

1. Heat the oven to 180°C (fan 160°C/gas 4).
2. Butter and line a small roasting tin or 30x20 tin with baking parchment.
3. In a large bowl, combine flour, sugar, spice, bicarbonate of soda, sultanas, and salt.
4. In another bowl, beat the eggs into the melted butter. Stir in the orange zest and juice, then mix with the dry ingredients until combined.
5. Stir in the pumpkin.
6. Pour the batter into the tin and bake for 30 minutes, or until golden and springy to the touch.
7. To make the frosting, beat together the cheese, butter, icing sugar, orange zest, and 1 tsp of the juice until smooth and creamy. Set aside in the fridge.
8. When the cake is done, cool for 5 mins, then turn it onto a cooling rack.
9. Prick it all over with a skewer and drizzle with the rest of the orange juice while still warm. Leave to cool completely.
10. Give the frosting a quick beat to loosen. Using a palette knife, spread the frosting over the top of the cake in peaks and swirls.
11. The cake will keep, covered, for up to 3 days in the fridge.

You will need:

- 200g soft cheese
- 85g butter, softened
- 100g icing sugar, sifted
- zest 1 orange and juice of half
- 300g self-raising flour
- 300g light muscovado sugar
- 3 tsp mixed spice
- 2 tsp bicarbonate of soda
- 175g sultanas
- ½ tsp salt
- 4 eggs, beaten
- 200g butter, melted
- zest 1 orange
- 1 tbsp orange juice
- 500g pumpkin or butternut squash flesh, grated

