

# Pumpkin Recipes



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Did you know that every year approximately 8 million Halloween pumpkins are put in landfill, according to the Guardian (25 October 2018)?

By eating your pumpkin (and composting the shell) instead of throwing it away, you would be preventing the production of methane in landfill which could be enough to power a TV for 3 hours (Gwent County Borough Council, 2018). And there are so many delicious ways to enjoy your pumpkin after an evening of trick or treating – here are just a few.

# Pumpkin Hummus



## Ingredients

- 1 small pumpkin (about 500g)
- olive oil, for roasting
- 2 garlic cloves, peeled
- ½ lemon, juiced
- 2 tbsp tahini paste
- 400g can chickpeas, drained
- 1 red pepper, deseeded, and sliced
- 1 yellow pepper, deseeded, and sliced

mini breadsticks and pitta chips, to serve

## Method

1. Cut the top off the pumpkin, about two-thirds of the way up. Remove the pumpkin seeds, then scoop the flesh out of the bottom and the lid.
2. Heat oven to 200C/180C fan/gas 6. Cut the pumpkin flesh into pieces and put in a roasting tin with the garlic and a good glug of oil. Season, then bake for 45 mins until very tender. Leave to cool.
3. Tip the pumpkin into a food processor with any juices from the roasting tin and the garlic. Add the lemon juice, tahini paste and chickpeas. Season with salt and blend to a paste – add a little more oil if it's too thick. Scoop the hummus back into the pumpkin and serve with the peppers, breadsticks and pitta chips.

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Available at: <https://www.bbgoodfood.com/recipes/pumpkin-houmous>

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# Baked pumpkin fondue

## Ingredients

- 1 whole squash or pumpkin – choose a size people you want to feed
- small roasted or boiled potatoes, to serve
- crusty bread, to serve
- breadsticks, to serve
- chicory leaves, to serve



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## For 300ml of fondue

- 100g emmental, grated
- 100g gruyère, grated
- 100g mature cheddar, grated
- 1 tbsp cornflour
- 100g crème fraîche
- 2 tbsp white wine
- 1 shallot, finely chopped
- 1 garlic clove, crushed

## Method

1. Heat oven to 180C/160C fan/gas 4. Start to prepare your pumpkin as you would for carving: cut off a 'lid' and scoop out all the seeds and membranes. Put the lid back on and sit the whole pumpkin on a sturdy baking tray. Bake following our size guide (see 'Tip', below left).
2. Mix the grated cheeses with the cornflour until completely coated and no excess flour remains. Remove the pumpkin from the oven, discard the lid (or scrape off the roasted flesh and save for the Squidgy pumpkin & ginger loaf, see 'Goes well with') and increase the oven to 200C/180C fan/gas 6. Layer up the cheese, crème fraîche, white wine, shallot and garlic inside the pumpkin. Lift back into the oven and bake for 30 mins or until the fondue is melted and bubbling. Eat with spoons, scooping out chunks of soft, roasted pumpkin with the melted cheese.

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Available at: <https://www.bbcgoodfood.com/recipes/baked-pumpkin-fondue>



# Pumpkin Pie

## Ingredients

For the pastry - sweet short crust pastry case

40g/1½oz crushed pecans

For the filling

450 g/1lb prepared weight pumpkin flesh, cut into 1in/2.5 cm chunks

2 large eggs plus 1 yolk

3 oz/75g soft dark brown sugar

1 tsp ground cinnamon

½ level teaspoon freshly grated nutmeg

½ tsp ground allspice

½ tsp ground cloves

½ tsp ground ginger

10 fl oz/275 ml double cream

To serve - crème fraîche

## Method

1. Pre-heat the oven to 180C/350F/Gas 4.
2. Use a shop bought sweet crust pastry case, about 9 inch/23 cm diameter and 1½ inches/4 cm deep. Sprinkle over crushed pecans.
3. To make the filling, steam the pumpkin then place in a coarse sieve and press lightly to extract any excess water.
4. Then lightly whisk the eggs and extra yolk together in a large bowl.
5. Place the sugar, spices and the cream in a pan, bring to simmering point, giving it a whisk to mix everything together. Then pour it over the eggs and whisk it again briefly.
6. Now add the pumpkin puree, still whisking to combine everything thoroughly.
7. Pour the filling into your pastry case and bake for 35-40 minutes, by which time it will puff up round the edges but still feel slightly wobbly in the centre.
8. Remove the pie from the oven and place the tin on a wire cooling rack. Serve chilled (stored loosely covered in foil in the fridge) with some equally chilled crème fraîche, but warm or at room temperature would be fine.

# Sausage, pumpkin and sage casserole

## Ingredients

50g/1¾oz butter  
6 good-quality sausages, pricked several times with a fork  
1 onion, peeled, thinly sliced  
3 shallots, peeled, finely chopped  
2 garlic cloves, peeled, finely chopped  
1 tbsp chopped fresh sage  
1 small pumpkin, peeled, seeds removed, cut into equal-sized pieces  
1 tbsp white wine vinegar  
1 tsp caster sugar  
200g/7oz canned chopped tomatoes  
400g/14oz canned cannellini beans, drained, rinsed  
500ml/18fl oz chicken stock  
salt and freshly ground black pepper  
2 tbsp chopped fresh parsley, to serve

## Method

1. Preheat the oven to 180C/350F/Gas 4.
2. Heat half the butter in a large casserole over a medium heat and fry the sausages for 4–5 minutes, or until golden-brown all over.
3. Add the remaining butter, onion and shallots and fry for three minutes, or until softened. Add the garlic and sage leaves and cook for a further three minutes, stirring well.
4. Add the pumpkin and stir the mixture until well combined. Increase the heat to high and add the white wine vinegar. Continue to cook until most of the liquid has evaporated.
5. Add the sugar, tomatoes, cannellini beans and stock and season, to taste, with salt and freshly ground black pepper.
6. Bring the mixture to the boil, then transfer the casserole to the oven for one hour, or until the sausages are cooked through and the pumpkin is tender.

To serve, ladle the casserole into two large bowl and sprinkle with parsley.

# Spicy Pumpkin Soup

## Ingredients

Half a pumpkin

1 sweet potato

½ red pepper

375 ml of water

250 ml of milk

1 red chilli

Salt and pepper to taste

Half a pumpkin

## Method

1. Preheat the oven to 190 degrees Celsius.
2. Remove the pumpkin flesh with a spoon, and peel the sweet potato.
3. Chop the pumpkin and sweet potato into 1 inch cubes.
4. Slice the red peppers and put all vegetables on a roasting tray, with a drizzle of oil.
5. Place in the oven to roast for 30-40 minutes, until soft.
6. Allow all the vegetables to cool a little.
7. Once cool enough to handle, add the pumpkin, sweet potato and peppers to a blender with the water, milk and diced chilli, and blend until smooth.
8. Pour into a saucepan and heat until piping hot, adding more water if you like a slightly thinner soup.
9. Season to taste with salt and pepper.

**Chef's tip:** To give the soup a sweeter flavour, roast the pumpkin and sweet potato until they are dark and caramelised. It is important to allow the veg to cool before putting in the blender as the pressure of the steam could create a mess in the kitchen!



Image: <https://i.pinimg.com/736x/1c/38/01>

## Halloween Pumpkin Cake

If you like carrot cake, then you'll enjoy pumpkin cake at least as much!

### Ingredients

#### For the cake

300g self-raising flour

300g light muscovado sugar

3 tsp mixed spice

2 tsp bicarbonate of soda

Bicarbonate of soda

175g sultanas

½ tsp salt

4 eggs

Eggs, beaten

200g butter

Butter, melted

zest 1 orange

1 tbsp orange juice

500g (peeled weight) pumpkin or butternut squash flesh, grated

## **For drenching and frosting**

200g pack soft cheese

85g butter

Butter, softened

100g icing sugar, sifted

zest 1 orange and juice of half

## **Method**

1. Heat oven to 180C/fan 160C/gas 4. Butter and line a 30 x 20cm baking or small roasting tin with baking parchment. Put the flour, sugar, spice, bicarbonate of soda, sultanas and salt into a large bowl and stir to combine. Beat the eggs into the melted butter, stir in the orange zest and juice, then mix with the dry ingredients till combined. Stir in the pumpkin. Pour the batter into the tin and bake for 30 mins, or until golden and springy to the touch.
2. To make the frosting, beat together the cheese, butter, icing sugar, orange zest and 1 tsp of the juice till smooth and creamy, then set aside in the fridge. When the cake is done, cool for 5 mins then turn it onto a cooling rack. Prick it all over with a skewer and drizzle with the rest of the orange juice while still warm. Leave to cool completely.
3. If you like, trim the edges of the cake. Give the frosting a quick beat to loosen, then, using a palette knife, spread over the top of the cake in peaks and swirls. If you're making the cake ahead, keep it in the fridge then take out as many pieces as you want 30 mins or so before serving. Will keep, covered, for up to 3 days in the fridge.

Available at: <https://www.bbcgoodfood.com/recipes/4777/halloween-pumpkin-cake>

## **Additional Resources**

Feeling inspired?

For further recipes which you can use your surplus pumpkins for, try:

<https://www.hubbub.org.uk/Pages/Category/recipes?Take=12>

<https://www.pinterest.co.uk/>

<https://www.bbcgoodfood.com/>