

## PUMPKIN SOUP

Roasting pumpkin gives it far more flavour.

Serves 4

2 tbsps olive oil

800 g (1lb 12oz) Pumpkin, cubed but seeds retained

1 medium onion

2 garlic cloves

100 g (3 ½ oz) potatoes, diced

2cm piece root ginger finely chopped

1 litre vegetable stock

1 tsp paprika

While the oven is heating to 190 c, 375 f, gas 5, put the olive oil in a roasting tin and slip it in to warm. Once it is hot enough, put the pumpkin, onion and garlic into the hot oil, making sure they are thoroughly coated and roast for about 30 min.

When they are beginning to brown, transfer them to a large pan on your stove then add the potatoes and ginger. Mix vegetables so they are coated in oil then add stock.

Bring pan to the boil, then simmer gently for about 10 mins. Until the potato is soft. Leave to cool before blending into a smooth soup.

Meanwhile wash the retained pumpkin seeds in cold water and dry them on kitchen paper. Dry fry them with paprika in a heavy bottomed pan and sprinkle half a dozen or so over each bowl to serve.

## Pumpkin Risotto

Serves 4

500 g (1lb) pumpkin or squash, peeled, deseeded and cubed.

2 tbsps olive oil

Salt and Black pepper

75 g (3oz) butter

1 onion peeled and chopped

4 garlic cloves, peeled and chopped

2 dsps fresh thyme leaves

350 g (12 oz) risotto rice



1 glass dry white wine

725 ml (1 ¼ pints) vegetable stock

75 g (3oz) opine nuts

3 tbsps grated parmesan cheese

Preheat oven to 220 c, 425 f, gas 7. Toss the squash or pumpkin in the olive oil, season and place on a baking tray. Cook in oven for about 30 mins. Or til just starting to brown around the edges.

In a large frying pan, heat half of the butter then fry the onion and garlic over a low heat for five mins. Stir in the thyme and rice.

Add the wine and simmer gently until it has just about evaporated. Start adding the stock a ladleful at a time, so the rice doesn't get soggy.

After about 15 mins. When the rice is almost soft, add the pumpkin and cook for another five mins.

Meanwhile heat a small, heavy bottomed frying pan and toast the pine nuts until just turning brown. Stir the nuts into the risotto with the parmesan and remaining butter.

## Pumpkin Curry

Serves 4

1kg (2lb 3oz) pumpkin or squash, peeled, deseeded and cubed

2 small potatoes, peeled and cubed

1dsp turmeric

1 bay leaf

1dsp cumin seeds

1tsp coriander seeds

1 tsp mustard seeds

1 onion, peeled and chopped

3 fresh chillies (more if you like it hot), deseeded and chopped

2 garlic cloves peeled

Handful of fresh coriander, chopped

Splash olive oil

Put pumpkin, potatoes, turmeric and bay leaf in a large saucepan. Season, cover with water and boil for five minutes, or until just beginning to soften. Drain, saving the cooking water and remove the bay leaf.

Use a pestle and mortar to crush the cumin, coriander and mustard, then put them in a liquidiser with the onion, chillies, garlic, coriander and olive oil. Add just enough of the cooking water to make a thick paste and stir it into

the vegetables. Add a little more cooking water if necessary, to give a stew like quality, and cook for a further five minutes. Serve with rice and sprinkled with more coriander.

## Ginger Pumpkin Pie

Serves 8

250g (9 oz) ginger biscuits

100 g (3 ½ oz) butter

2 large eggs

300g (10 ½ oz) roasted pumpkin

2 ½ cm (1in) piece root ginger, peeled and grated

1 tsp ground ginger

200 ml (7fl oz) double cream

2 tbsps honey

Preheat oven to 180c, 350 f, gas 4. Chop pumpkin into 1 in cubes then roast for 30 minutes. Leave to cool.

Grease a deep 23 cm (9 in) flan dish with a removable base and place a sheet of greaseproof paper at the bottom. Put the biscuits in a plastic bag and crush with a rolling pin, or give a quick whizz in a food processor.

Melt the butter and mix with the biscuits. Line the tin with the mixture, pressing hard into the sides. Bake for 10 minutes then allow to cool.

Put the eggs, pumpkin, ginger, cream and honey into a liquidizer then quickly blitz to a thick cream. Add more honey if needed. Pour the mixture into the tin.

Increase the oven temp to 190c, 375f, gas 5, and bake for 35 mins. Or until the pie looks almost set but is still wobbly in the middle.

## Pumpkin Chutney

Makes 4 half litre Kilner jars

900g (2lb) pumpkin or squash, peeled and cut into 1 cm (1/2 in) cubes

2 larger apples, peeled, cored, cubed

650g (1lb 7oz) onions peeled and chopped

6 garlic cloves, peeled, crushed and halved

3 fresh chillies, deseeded and chopped

2.5cm (1in) piece ginger, crushed and chopped



50g (2Oz) currants

400ml (14 fl oz) white wine vinegar

400 g (14 oz) dark brown sugar

2 tsps salt

Put the pumpkin, apples, onions, garlic, chillies, ginger, currants and vinegar into a pan then bring to the boil. Simmer for about 45 mins. Or until everything starts softening.

Add sugar and salt then stir through. Bring back to the boil and stir regularly as the liquid disappears.

After about 30 mins, it should be thick and sticky. Turn heat off and let the pan stand for a few mins. The mixture should fill four large jars. Sterilise them by putting them in the dishwasher at the hottest wash, or wash by hand rinse in hot water then put in the oven for 30 mins on a low temp. 140c, 275f, gas 1. Fill jars!

## Stuffed Squash

Serves 4

200g (7oz) Brown Rice

4 gem squash or other small squash

10g (1/2 oz) pine nuts, chopped

1 tbsp olive oil

1 large onion, peeled and chopped

2 cloves garlic, peeled and chopped

30g (1oz) Sultanas

Handful chopped parsley

Salt and freshly ground black pepper

Preheat oven to 190 c, 375 f, gas 5. Put rice on to boil and cook for 20 mins. Cut a small slice from the top of each squash and scoop out the seeds with a spoon

Put pine nuts into a frying pan and toast for several mins on a high heat. Add the olive oil then fry the onion and garlic gently on a low heat until they are soften.

Take the pan off the heat, add the rice, sultanas, parsley and seasoning then stir. Spoon mixture into the squash, pressing it down tight. Any left over can be served with the cooked squash.

Place the squash on an oiled baking tray and roast for about 30 mins. Or until the mixture starts to turn brown. Serve with a crisp salad.



## Yummy Scrummy Pumpkin Cake

### Ingredients

175g light Muscovado sugar

175ml sunflower oil

3 large eggs

140g grated pumpkin

100g raisins

Grated zest of orange

175g self raising flour

1 tsp bicarbonate of soda

1 tsp ground cinnamon

1/2 tsp grated nutmeg

Preheat oven to 180c/gas4/fan160c, line a tray bake tin

Put sugar, oil and eggs in bowl and beat, stir in grated pumpkin, raisins and orange rind

Mix in flour, bicarbonate of soda and spices. The mixture will be fairly soft and almost runny.

Pour mixture into prepared tin, bake for about 30 mins, when firm and springy to touch.

Allow to cool.

Mix 175g icing sugar with 1/2–2 tbsp orange, drizzle over cake. Yummy!