

Pumpkin Recipes from Daily Info



Pumpkin Fritters

1kg pumpkin
1 tbsp sugar
1 tbsp spice (e.g. nutmeg, cinnamon, cloves)
1 egg
1 cup of flour (2 cups if gluten free)
2 tbsp baking powder
A pinch of salt

Steam and mash the pumpkin, then add sugar and seasoning. Whisk the egg and stir into the pumpkin and spice mixture until fully combined. Next, shallow fry on a medium heat until dark brown and beginning to crisp. Drain onto a kitchen towel, then sprinkle with extra sugar and spice to serve.

Baked Pumpkin

1 pumpkin
Oil, garam masala, coriander and cinnamon
1 garlic clove
A couple of centimetres of ginger
A few sprigs of fresh coriander
2 tbsp soy sauce
3 tbsp tahini
Grated cheddar

Peel and halve the pumpkin, removing the seeds. Score the interior and rub with the oil and spices. Then fill with the remaining ingredients and bake, loosely foil covered at 180 C for 40 mins. The perfect autumn comfort food.

Pumpkin Purée

1 onion
Twice as much pumpkin
Olive oil, salt
Cumin seeds
Half cup of cheddar
1 tbsp red curry paste

Roast the pumpkin and onions with the oil, cumin and salt. While still hot, blend with the cheddar and the curry paste. This purée goes excellently with roasted red pepper and cinnamon on crackers or pastry, or try out your own combinations!

Pumpkin Pie

125g butter plus 250g flour for pastry
600ml of pumpkin (cooked with butter, spice and sugar the day before - keep as dry as possible)
500ml cream
4-6 eggs
250ml golden syrup
Cinnamon, ginger, cloves, nutmeg mix
Salt to taste

Lightly pre-bake the pie crust. Mix the pumpkin, cream, eggs, syrup and spice mix in a food processor. Pur into the pie crust and bake for 2 hours at 160 C. Tastes great even when the crust comes out a bit wobbly!

Pumpkin and Rosemary

500g pumpkin, cut into 2cm cubes
1 chopped onion, 3 finely chopped cloves of garlic
2 tins of cannellini beans
1 tin chopped tomatoes
1 sprig of rosemary, finely chopped
250ml dry white wine, 250ml water

Soften the onion and garlic in olive oil. Add the pumpkin, beans, tomatoes, rosemary, wine and water. Stir, bring to the boil, then cover and simmer for 20 minutes. Remove the lid and continue to cook until tender. Serve as is or top with breadcrumbs and cheese and grill until lightly browned.

Roast Pumpkin Slices

1 pumpkin
Olive oil
Garlic
Garam masala
Cinnamon
Salt

Preheat oven to 200 C. Cut pumpkin slices (skin and flesh) to about 1cm. Then slather with olive oil and sprinkle (or rub) with chopped garlic and garam masala, or cinnamon and a bit of salt. Roast until the edges turn dark brown and the thickest areas are soft, about 25-35 minutes. Then munch!

Pumpkin Loaf

250g pumpkin flesh
50g black treacle, 140g golden syrup
140g light soft brown sugar
100ml semi-skimmed milk
100g cold butter diced, plus extra for greasing
225g self-raising flour
1 tsp bicarbonate of soda
Ground ginger, mixed spice
2 medium eggs, beaten
8-10 chunks crystallised ginger, thinly sliced

Put the pumpkin or squash in a microwave-proof bowl with a dribble of water. Cover with cling film, pierce and cook on high for 5-10 mins. Mash until smooth. Put the treacle, syrup, sugar and milk in a pan and heat gently until the sugar has dissolved.

Heat oven to 180C. Grease and line a 900g loaf tin with a strip of baking parchment. Sift the flour, bicarb, spices and a pinch of salt into a bowl together. Tip in the diced butter and rub with your fingertips until no big lumps remain.

Whisk the mash and the egg into the syrup mixture, then stir everything into the dry ingredients. Pour the batter into the prepared tin, scatter with most of the crystallised ginger and bake for 45 minutes until a skewer poked into the centre comes out with just moist crumbs attached. Scatter over the remaining sliced ginger to stick, then cool in the tin.

Pumpkin Soup

Onions
Butter or oil
Pumpkin, chopped into small pieces
Stock of your choice
Cinnamon and nutmeg
Cream (optional)

Roast the pumpkin at 180 C for 30-40 minutes. Saute onions in butter or oil, add pumpkin flesh in small bits, add a good stock, a sprinkling of cinnamon and nutmeg, salt to taste, cream if you want to add some in. Put all the sauteed ingredients in a food processor and blend.

Vegan Pumpkin Biscuits

600ml of pumpkin (cooked with margarine, spice and sugar the day before - keep as dry as possible)
Aquafaba or other egg substitute
Self raising flour

Make a sweetened pumpkin puree (similar to the first stage of the pumpkin pie recipe above, but with dairy-free margarine). Mix in a little aquafaba or flax-seed egg substitute, add self-raising flour to make a good stiff paste. Cut out your biscuits and bake for 10-15 minutes. Decorate as desired!

