

# PUMPKIN AMNESTY

**SAVE OUR PUMPKINS!**



recycle  right

# PUMPKIN AMNESTY

## HOMEMADE PUMPKIN PIE

### INGREDIENTS

#### For the filling

- 500g (1 1/4 lb) pumpkin, cooked and pureed
- 1 (410g) tin evaporated milk
- 2 eggs, beaten
- 175g (6 oz) dark brown soft sugar
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon salt

#### For the pastry

- 350g (12 oz) plain flour
- 1 teaspoon salt
- 200g (7 oz) butter
- 125ml (4 fl oz) cold water

### PREPARATION

1. Preheat oven to 200 C / Gas mark 6.
2. Halve pumpkin and scoop out seeds and stringy portions. Cut pumpkin into chunks. In a saucepan over medium heat, cover the pumpkin with water and bring to the boil. Reduce heat to low, cover and simmer for 30 minutes or until tender. Drain, cool and remove the peel.
3. Return pumpkin to the saucepan and mash with a potato masher. Drain well, and measure 500g of the mashed pumpkin; reserve any excess pumpkin for another use.
4. Prepare pastry by mixing together the flour and salt. Rub butter into flour, and add 1 tablespoon cold water to mixture at a time. Mix and repeat until pastry is moist enough to hold together.
5. With lightly floured hands, shape pastry into a ball. On a lightly floured board, roll pastry out to barely a .25cm thickness. Transfer to a 20 or 23cm pie dish, gently pressing pastry into the bottom. Cut off any excess pastry hanging over the sides of the dish, and pinch pastry securely around the inner edge.
6. In a large bowl with mixer speed on medium, beat pumpkin with evaporated milk, eggs, sugar, cinnamon, ginger, nutmeg and salt. Mix well. Pour into a prepared pie dish. Bake 40 minutes or until a knife inserted in the centre comes out clean.

# PUMPKIN AMNESTY

## PERFECT PUMPKIN SOUP

### INGREDIENTS

- 750g pumpkin, peeled, seeded & cubed
- 2 carrots, coarsely chopped
- 2 onions, cut into wedges
- 2 1/2 tablespoons vegetable oil
- 1 large potato, sliced
- 1 litre water
- 2 or 3 cubes chicken stock, crumbled
- 250ml double cream
- 1 1/4 tablespoons ground nutmeg, or to taste
- 1 teaspoon ground black pepper
- salt to taste

### PREPARATION

1. Preheat oven to 220 C / Gas 7.
2. Place pumpkin, carrots and onions in a baking dish or roasting tin. Drizzle with vegetable oil.
3. Bake in preheated oven 40 minutes, until soft but not blackened.
4. In a large saucepan over medium heat, bring water and crumbled stock cubes to the boil. Cook potato in simmering water until soft, about 20 minutes.
5. Combine potato and water with roasted vegetables and puree in a liquidiser or food processor until smooth. Return to pan over low heat and stir in cream, nutmeg, pepper and salt. Heat gently; serve.
6. Enjoy!

# PUMPKIN AMNESTY

## ROASTED PUMPKIN SEEDS

### INGREDIENTS

- 150g (5 oz) pumpkin or squash seeds
- 1 tablespoon olive oil
- 1/2 teaspoon salt, or to taste

### PREPARATION

1. Preheat the oven to 140 C / Gas mark 1. Line a baking tray with baking parchment or aluminium foil.
2. After removing the seeds from the pumpkin, rinse with water, and remove any strings and bits of squash. Pat dry, and place in a small bowl. Stir the olive oil and salt into the seeds until evenly coated. Spread out in an even layer on the prepared baking tray.
3. Bake for 15 minutes, or until seeds start to pop. Remove from oven and cool on the baking tray before serving.

# PUMPKIN AMNESTY

## PURELY PUMPKIN PUREE

### INGREDIENTS

- 750g pumpkin

### PREPARATION

To steam the pumpkin:

1. Peel and seed it, then cut into evenly sized cubes.
2. Put the cubes in a steamer or colander set over a pan of simmering water and cook for 10 mins.
3. Test with the point of a knife and cook for a further 5 mins if not cooked through.
4. Mash and leave to cool.

Alternatively, to microwave the pumpkin:

1. Cut it in half (no need to peel it or cut out the seeds) and sit cut-side up in the microwave.
2. Cook for 20 mins, then check the flesh is soft by poking it with a fork. Keep cooking if you'd like it softer.
3. Scoop the flesh into a bowl, then mash and leave to cool.