

Pumpkin Recipes

It can feel like a waste to throw away all the pumpkin once Halloween has passed. Here are some fun ways to recycle your pumpkin!

Roasted Pumpkin Seeds

What you will need:

- Pumpkin seeds
- Salt, pepper, paprika or any other spice you like
- Oil

Method:

1. Firstly, clean the seeds.
2. Boil for 10 minutes to soften.
3. Drain and dry on kitchen paper.
4. Toss with a little oil.
5. Sprinkle with salt, pepper, paprika or anything else you fancy
6. Spread the seeds out on a baking sheet and roast in a low heat oven for around 45 mins.

Pumpkin Seed Cookies

What you will need:

- 120g butter
- 75g light brown sugar
- 75g caster sugar
- 1 egg
- 1tsp vanilla extract
- 130g plain flour
- 3tsp bicarb of soda
- 50g toasted pumpkin seeds
- 150g dark chocolate

Method

1. Heat oven to 180c/160c fan /gas 4 and line two baking sheets with parchment.
2. Cream the butter and sugars together until light and fluffy.
3. Beat in the egg and vanilla.
4. Stir in the flour, cocoa powder, bicarb, chocolate, pumpkin seeds and ¼ tsp salt.
5. Scoop 10 large tbsps. of the mix on the trays leaving enough space between each to expand.
6. Bake for 10-12 minutes.
7. Leave to cool on a wire rack. Best eaten warm and soft!



Pumpkin Spiced Lattes

If your whole pumpkins are still in good shape with no mould, you can reuse their deliciousness! For safety, you can boil them before usage.

What you will need:

- Two small pumpkins (sugar pumpkin, pie pumpkin)
- Milk
- Vanilla
- Coffee
- Ginger
- Nutmeg
- Cardamom
- Cinnamon

Method:

1. Make the pumpkin puree. Cut the pumpkin from the stem and push down to the bottom.
2. Rotate the pumpkin and cut from the stem down to the bottom again.
3. Pull the two halves apart.
4. Scoop out the pumpkin seeds and any stringy flesh.
5. Place the halves cut-side-down onto a baking sheet.
6. Roast until the flesh is soft and coming away from the skin.
7. Once the pumpkin is roasted, throw the softened flesh into the food processor and blend until smooth.
8. Start making the coffee by heating the milk, pumpkin puree, sugar to taste, the spices and vanilla extract on the stove.
9. Combine the pumpkin spice milk with strong coffee. Top with whipped cream and cinnamon if desired!



Pumpkin Soup

What you will need:

- 1tbsp olive oil
- 2 onions
- 1kg pumpkin or squash (peeled, deseeded and chopped into chunks)
- 700ml vegetable stock
- 150ml double cream

Method:

1. Heat the olive oil in a large saucepan, then gently cook the 2 chopped onions until soft but not coloured.
2. Add the pumpkin to the pan then cook for 8 – 10 minutes.
3. Stir occasionally until it starts to soften and turn golden.
4. Pour 700ml vegetable stock and season.
5. Bring to the boil.
6. Simmer for 10 minutes until it is very soft.
7. Pour the double cream into the pan then bring back to the boil.
8. Once it is all soft and combined, purée.
9. Serve with croutons or bread.



Bacon & Pumpkin Pasta

What you will need:

- 3tbsp olive oil
- 140g pancetta/bacon
- 1 small onion
- 25g butter
- 500g pumpkin or squash
- 20g sage
- 400g pasta
- 25g grated parmesan

Method

1. Heat a heavy-based saucepan with 1 tbsp. olive oil.
2. Add the pancetta/bacon and cook for a few minutes.
3. Add the remaining oil then add the onion.
4. Cook for 5 minutes until the onion is soft and pancetta crispy.
5. Stir in the butter and add the pumpkin and sage.
6. Cover and cook for 6-8 minutes.
7. Stir occasionally until the pumpkin is soft.
8. Cook the pasta according to pack instructions, drain and add to the pumpkin mixture.
9. Serve with the grated parmesan.

Pumpkin Pie

What you will need:

- 450g pumpkin or squash, peeled, deseeded and cut into chunks.
- 1 medium egg
- 100-125ml milk
- 100g golden caster sugar
- ½ tsp ground ginger
- ½ tsp ground cinnamon
- ½ tsp vanilla essence
- 6tbsp sultanas or raisings
- 250g shop-bought shortcrust pastry

Method

1. Steam the pumpkin for 20-30 mins until tender (or put in a bowl in the microwave with 1tbsp water, cover and cook on high for 15-20mins until tender)
2. Let it drain well.
3. Mash it finely or rub it through a sieve.
4. Set aside for filling.
5. Set the oven to 200C, gas 6. Roll the pastry out big enough to line a pie plate, trim the excess.
6. Decorate around the edge using a fork.
7. Line the pastry with film fill with baking beans and blind bake for 10-12 mins.
8. Beat egg in a large bowl.
9. Add the milk, sugar, spices and vanilla.
10. Stir in the pumpkin and raisins.
11. Spoon the filling into the pastry case.
12. Bake for 20 mins and turn the oven temperature down to 180C, gas 4 and bake for another 15-25mins.
13. Once baked, leave to cool.
14. Brush with maple syrup and dust with icing sugar and cinnamon.
15. Pumpkin pie is best served with whipped cream!

