

Pumpkin Recipes

Pumpkin Seed Snack

Ingredients:

Fresh pumpkin seeds, scooped from your Tapnell Pumpkin.
2 tsp olive oil

Method:

Heat the oven to 200C/180C fan/gas 6. Wash the seeds thoroughly and remove any stringy bits of pumpkin flesh. Dry well using kitchen paper.

Put the seeds on a baking tray and toss with the olive oil. Roast for 10 mins. Serve with a little seasoning for a snack, if you like, or use as for salads or soups.

Pumpkin Soup Starter

Ingredients:

1 medium Tapnell Pumpkin
1 tbsp olive oil
½ tsp ground allspice
1 large onion, finely chopped
1 tbsp chopped ginger
2 garlic cloves, crushed
1-1.2 litres stock
1 tbsp white miso
3 tbsp cream or coconut yogurt

(This can be made allergen free & vegan - be sure to check your stock cube; white miso and cream / yoghurt)

Method:

Heat the oven to 200C/180C fan/gas 6
Peel, deseed and chop the pumpkin into small (3cm) chunks
Tip the pumpkin onto a baking tray and drizzle over half the oil, scatter with the allspice and toss well - (adding flavours like cinnamon and nutmeg, really enhance the autumnal taste)
Roast for 30 mins until golden and tender
Heat the remaining oil in a large saucepan over a medium heat, and fry the onion for 5 mins until tender but not golden
Add the ginger and garlic and fry for another minute, then tip in 1 litre of stock and the miso. • Put the roasted pumpkin in the pan, then bring to a simmer
Remove from the heat and blend the soup with a stick blender until preferred soup texture. If you prefer a thinner soup, add the remaining stock
Return the soup to a gentle simmer. Ladle into bowls, and serve topped with a swirl of cream.



Pumpkin Recipes

Charlie's Chickpea & Pumpkin Curry

Ingredients:

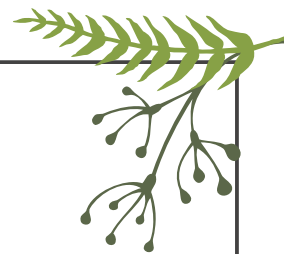
1 medium-large Tapnell Pumpkin
2 tbsp olive oil
1 onion - finely chopped
2 cloves of garlic - minced
2 tsp Garam Masala
2 tsp Turmeric
2 tsp Tikka masala paste (or to taste)
1 Tin Chickpeas • 1 Tin Coconut Milk
1 Tin Chopped Tomatoes
Water to thin.

Method:

Heat the oven to 200C/180C fan/gas 6
Peel, deseed and chop the pumpkin into small (3cm) chunks
Tip the pumpkin onto a baking tray and drizzle over half the oil, scatter with 1/2 of the garam masala & 1/2 the turmeric and toss well
Roast for 30 mins until golden and tender. • Heat the remaining oil in a large saucepan over a medium heat, and fry the onion for 5 mins until tender but not golden
Add in your garlic and fry for another minute before adding in the rest of the garam masala, turmeric and the tikka masala paste
Fry for a few more minutes before adding the chopped tomatoes, chickpeas & coconut milk to create a bright orange mixture
Add in your roasted pumpkin and let simmer for another 10 mins, stirring occasionally. If you prefer a thinner curry, add some water during this time
Take off the heat and let cool slightly before severing, on a bed of rice; with some naan bread; or simply sprinkle some of your roasted pumpkin seeds on top and enjoy.

(This is a completely vegan and allergen free recipe; do note the tikka masala paste)





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Classic Pumpkin Pie

Ingredients:

550g Tapnell Pumpkin, peeled and cut into chunks
500g pack shortcrust pastry
175g light muscovado sugar
2 eggs
142ml pot double cream
1 tsp cinnamon
1 tsp allspice
1 tsp ground ginger
Small grating of nutmeg

For the pecan and maple cream:

142ml tub double cream
5 tbsp maple syrup
25g pecan , finely chopped

Method:

Place the pumpkin pieces in a large microwavable bowl. Cover, then cook on High (850W) for 15 mins or until soft. Tip into a colander to drain, then leave to cool

On a lightly floured surface, roll out pastry to the thickness of a £1 coin so it's wide enough to line a 25cm tart tin. Ease the pastry into the case, making sure there's an overhang, then chill for 30 mins.

Heat oven to 200C/fan 180C/gas 6. Line the case with foil and baking beans, then bake for 15-20 mins. Remove foil and beans, then cook for a further 10 mins until the pastry is golden.

Turn oven down to 160C/fan 140C/gas 3

Meanwhile, place you Tapnell pumpkin chunks, sugar, eggs, cream and spices in a food processor, then blend until smooth. Pour into the baked pastry case, then bake for 1 hr until the filling has puffed up in the centre (it will sink as it cools). Remove from tin, then leave to cool.

Whip the cream with the maple syrup until thickened, then fold in the pecans. Serve spoonfuls of the cream with slices of the pie.

