

PUMPKIN SOUP



This pumpkin started off weighing 3.5kg.



Chop in to segments & remove seeds. Brush with oil, sprinkle with salt & pepper.



Add 1.5 litres of water per 1kg of pumpkin, bring to the boil. Add 100g of red lentils per 1kg of pumpkin and boil for 15 minutes.



Roast in a preheated oven at 180°C for 1 hour. Allow to cool, then remove the skins and chop into chunks.



Blitz using a stick blender until smooth. Add more water and seasoning as required.





PUMPKIN CAKE



Ingredients

- 225g roasted squash/pumpkin, cut into cubes and roasted
- 175g chopped dates
- 2 eggs
- 150g caster sugar
- 150ml veg oil
- 275g flour
- 2tsp baking powder
- 1 tsp ground cinnamon
- 50 g dried cranberries
- 50 g sultanas

Directions

1. Whisk the sugar and eggs together until it reaches ribbon stage. Add the oil.
2. Mash the dates and pumpkin together and fold into the mix.
3. Sift in the flour, cinnamon, baking powder, mix well and stir in the dried fruits. Add a little milk if needed.
4. Spoon the mix into a greased, lined 2lb loaf tin.
5. Bake at 165 degrees C for 1 hour – and let it cool.



PUMPKIN & LEEK RISOTTO

Ingredients

Rice

- 50g butter
- 1-2 onions chopped finely
- 1 clove garlic crushed
- 400 ml short grain rice (Arborio)
- White wine (optional)
- 1200 ml white stock (vegetable)
- Seasoning

Garnish & Other Ingredients

- 150g leek
- 150g pumpkin
- 45g rocket (optional)
- 25g butter
- Parmesan cheese (to taste)
- Seasoning

Directions

Prepare risotto - sweat chopped onion & a little crushed garlic. Add Arborio rice and sweat lightly, add white wine, cook out & reduce then start adding white stock (3 x stock to 1 times rice). Cook out for 15 – 20 mins leaving rice slightly firm to the tooth.

Dice & roast pumpkin
Prepare & sweat leeks
Wash rocket (if using)
Shave or grate parmesan
Assemble finished dish & serve

To finish dish, add the sweated leeks & roast pumpkin then add some of the parmesan to taste, add chopped rocket (If using) & correct seasoning to finish, serve immediately. Garnish finished dish with rocket, roast pumpkin & shaved parmesan. Dress the rocket for garnish with a little olive oil & seasoning.

