

PUMPKIN PUREE



Ingredients (Approx. 700g puree)

- 1 baking pumpkin, about 1.5kg
- Fine sea salt

Method

1. Preheat the oven to 200°C. Line a baking sheet with parchment paper.
2. Rinse and pat dry the pumpkin. Cut one side of the pumpkin from the stem down to the bottom of the pumpkin, but don't try to cut through the stem, it's too hard. Remove the knife, rotate the pumpkin to the opposite side, then do the same. When there is a slit down both halves of the pumpkin, put down the knife and pull the halves apart. They should separate at the stem.
3. Scoop out the seeds and most of the stringy bits, then cut in half again. Lightly season the inside of the pumpkin quarters with salt, then place onto the baking sheet.
4. Bake until the pumpkin is soft and the flesh pulls away from the skin, 45 to 60 minutes.
5. Depending on what you are making, you can either use the cooked pumpkin for puree, or to use as cooked diced pumpkin.
6. Cool until you can handle the pieces, then scoop the soft flesh into a food processor. Depending on your pumpkin size, you may need to do this in two batches.
7. Process until very smooth, 3 to 5 minutes.

ROASTED PUMPKIN SEEDS

Ingredients

- Fresh pumpkin seeds, scooped from the pumpkin
- 2 tsp olive oil

Method

1. 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.
2. 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 a garnish for salads or soups.

Pumpkin seeds are not only tasty with soups and salads and a convenient snack, they're also a superfood as they're very rich in zinc. They contain plant compounds known as phytosterols, and free-radical scavenging antioxidants, which can give your health an added boost.



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ROAST PUMPKIN & GOATS CHEESE TART



Ingredients (serves 2-4)

- 1 x 320g pre rolled puff pastry
- 50g Pumpkin puree
- 200g diced cooked Pumpkin
- 1 red onion, thinly sliced
- ½ courgette, thinly sliced
- 30g rocket
- 200g goats cheese
- 8 cherry tomatoes, cut in half
- 1 teaspoon dried herbs
- Balsamic glaze, salt, pepper, olive oil and fresh basil to garnish

Method

1. Preheat the oven to 180c
2. Unroll and place the puff pastry on a baking tray lined with baking parchment. Prick the pastry with a fork leaving about 1-2 cm around the edge.
3. Place in the oven for around 8 minutes to start to cook the pastry. It will rise a little, more around the edge than in the middle
4. Put the courgette, red onion, diced pumpkin and dried herbs into a large bowl, drizzle with olive oil and season with salt and pepper.
5. Take the pastry out of the oven and leave for a minute or two to cool. Press the centre of the pastry down and return to the oven for another 5 minutes to start to crisp.
6. Take the tart case out of the oven and spread the puree evenly over the base. Scatter the vegetables, cherry tomatoes over the tart and then add the goats' cheese either crumbled or sliced.
7. Bake for 15 - 20 minutes until the vegetables are cooked through and the cheese is softening and colouring at the edges. Cut the tart into quarters and serve.

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The scariest thing about Halloween?

Millions of pumpkin ending up in the bin



PUMPKIN & ROSEMARY FOCACCIA



Ingredients (serves 2-4)

- 500g strong bread flour
- 10g dried fast action yeast
- 2 tsp fine sea salt
- 350ml tepid water (about 36°C)
- 5 tbsp olive oil
- 1 tsp flaky sea salt
- 3 twigs of rosemary, sprigs picked
- 100g diced pumpkin
- 100g pumpkin puree

Method

1. Put the flour into a large mixing bowl, add the fine salt and mix through, then mix in the yeast.
2. Make a well in the middle of the flour and add 2 tbsp oil and 350ml lukewarm water, adding it gradually until you have a slightly sticky dough. Add more water if needed.
3. Add the rosemary and pumpkin and fold through.
4. Sprinkle the work surface with flour and tip the dough onto it, scraping around the sides of the bowl. Knead and fold for around 5 minutes until your dough is soft and less sticky. Put the dough into a clean bowl, cover with a tea towel and leave to prove for 1 hr until doubled in size.
5. Line a rectangle, shallow tin (25 x 35cm) with grease proof paper. Tip the dough from the bowl into the tin and stretch with your fingers to fill to the corners. Cover loosely with a tea towel and leave to prove for another 35-45 mins.
6. Heat the oven to 220C/200C fan/gas
7. Press your fingers into the dough to make dimples.
8. Drizzle 1½ tbsp olive oil and the flaky salt over the dough.
9. Bake for 25-30 minutes until golden. Whilst the bread is still hot, drizzle over 1-2 tbsp olive oil.
10. Cut into squares and serve warm or cold with extra olive oil, if you like.

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GRILLED WRAPS WITH PUMPKIN CHICKPEA & ROASTED VEGETABLES



Ingredients (makes 8 large wraps)

- ¼ cup thick plain yoghurt
- 1 tablespoon tandoori spice
- 1 tablespoon lemon juice
- 2 cloves garlic, crushed
- 500 grams cooked diced pumpkin
- 400-gram tin chickpeas, drained and rinsed
- 50g rocket
- 300g coleslaw, homemade or store bought
- Sea salt
- Black pepper
- 8 medium-sized tortillas
- 2 avocados
- 200g sour cream
- 250g grated cheese
- 2 limes, cut into wedges

Method

1. Mix the yoghurt, tandoori paste, lemon juice and garlic together in a large bowl and season with salt and pepper.
2. Add the pumpkin and chickpeas and mix well to coat.
3. Spread the tortillas with sour cream, then top with the pumpkin and chickpea mix, coleslaw, rocket, grated cheese and sliced avocado. Roll or fold and grill or pan fry to crisp and heat



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SPICED SPONGE PUMPKIN CAKE



Ingredients (gluten free & vegan)

Coconut and pecan Crumble topping

- 3 1/2 tablespoons gluten free oat flour
- 3 1/2 tablespoons coconut oil, melted
- 1/4 cup coconut sugar
- 1/2 cup pecans, chopped
- 1/4 teaspoon ground cinnamon

Dry Ingredients

- 250g gluten free oat flour
- 50g Ground almonds
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon salt

Wet Ingredients

- 260g pumpkin puree
- 50g melted coconut oil
- 50g coconut sugar
- 50g pure maple syrup
- 1 tablespoon golden ground flaxseed + 3 tablespoons water in a small bowl. whisk together, leave for 15 mins
- 1 teaspoon pure vanilla extract



Method

- Preheat oven to 175°C. Line an 8-inch square baking pan with parchment paper or greased foil. Set aside.
- Make the crumble topping by mixing the 'Coconut and pecan Crumble topping' ingredients together in a bowl with a fork.
- In a large bowl add all the 'Wet Ingredients' together and whisk until well incorporated. To the same bowl add the dry ingredients. Mix all the ingredients well to break up all the flour, the mixture will be very thick.
- Pour the cake mixture evenly into prepared pan, and spread into an even layer. Sprinkle the crumble topping evenly over the top of the sponge mix.
- Bake for 30-40 minute. Test by sticking a skewer into the centre of the cake. It will come out clean when the cake is done, or come out with raw cake mix on it if it is not cooked.
- Allow to cool in pan placed on a cooling rack for about 30 minutes. Pinch parchment paper and lift cake out of pan and transfer directly to cooling rack to cool completely, about 1-3 hours. Slice and enjoy!

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PUMPKIN DOUBLE CHOCOLATE BROWNIE



Ingredients

- 90g all purpose flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 180g melted butter
- 345g sugar
- 2 teaspoons vanilla extract
- 3 eggs
- 30g cocoa powder
- 150g dark chocolate chips
- 75g white chocolate chips
- 125g pumpkin puree
- 50g chopped walnuts
- 1/2 teaspoon cinnamon
- 1/2 teaspoon ground nutmeg

Method

1. Preheat oven to 175°C
2. Grease an 8x8-inch baking pan.
3. In a heatproof bowl, melt the butter and 100g of the chocolate, either in the microwave, or over a hot pan of water.
4. Whisk the eggs, sugar and vanilla in a separate bowl with an electric whisk.
5. In another bowl, mix together the flour, baking powder, cocoa powder, salt, cinnamon, and nutmeg.
6. When the butter and chocolate have melted, add the pumpkin puree and mix well.
7. Now add the egg mix to the chocolate mix and mix together. Then add the flour mix and fold through with a large metal spoon until all mixed.
8. Add the remaining dark and white chocolate chips and chopped walnuts.
9. Spoon the mix into the lined baking tin and bake for 45-50 minutes.



Pumpkin
pro-tip

Smaller ones
taste better!



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PUMPKIN CUP CAKES



Ingredients (Makes 12)

- 175ml sunflower oil
- 175g light muscovado sugar
- 3 large eggs
- 1 tsp vanilla extract
- 200g pumpkin puree
- 100g sultanas
- Grated zest 1 orange
- 2 tsp ground cinnamon
- 200g self-raising flour
- 1 tsp bicarbonate of soda

For the frosting

- 200g full-fat cream cheese
- 85g icing sugar

Method

1. Pre heat the oven to 160C.
2. Pour the oil into a large bowl and add the sugar, eggs and vanilla. Beat together, then add the pumpkin, sultanas and orange zest.
3. Stir in the cinnamon, flour and bicarbonate of soda, the mixture will be quite wet.
4. Line a muffin tray with 12 paper cases.
5. Spoon the mixture into the cases and bake for 25 mins until firm and springy to the touch.
6. Leave to cool completely on a wire rack.

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