

Moroccan Pumpkin with Sultanas

1 tablespoon oil

1 large shallot or half an onion, cut into fine slices

about 750g pumpkin flesh, cut into 2cm cubes

½ teaspoon salt

½ teaspoon ground cumin

½ teaspoon chilli powder

¼ teaspoon ground ginger

handful sultanas

- Fry shallot
- Fry pumpkin until the edges brown
- Add everything else, stir a bit
- Add some water, boil, simmer for 15 – 20 mins (until pumpkin is tender)

Chickpea, Raisin and Pumpkin Stew (Moroccan)

1 tablespoon oil
1 cinnamon stick
1 onion, cut into half rings
1 teaspoon ground ginger
1 teaspoon ground cumin
1 teaspoon ground paprika
1 teaspoon chilli powder
¼ teaspoon turmeric
3 tomatoes peeled and chopped (or half a tin)
400g chickpeas (cooked)
400g pumpkin flesh (1cm cubes)
handful raisins
about a 500 ml stock
(salt, unless stock is salty)
1 tablespoon coriander, chopped
1 tablespoon parsley, chopped

- Fry cinnamon stick
- Fry onion
- Add spices
- Fry tomato
- Add everything else, except the herbs.
- Simmer 15 mins (until pumpkin is tender)
- Add herbs

Potaje de Freijoles Blanco (Cuban white bean and pumpkin stew)

300g white beans
350g pumpkin flesh (2cm dice)

- Cook the beans, add the pumpkin 20 mins before end of cooking.

(Sofrito)

2 tablespoon oil
1 onion, finely chopped
4 cloves garlic, finely chopped
half a green pepper, finely chopped
4 tablespoons coriander, chopped
½ teaspoon ground cumin
250 ml passata or chopped tinned tomatoes
salt to taste
1 teaspoon lemon zest, grated
2 teaspoons orange zest, grated

- Fry onion and garlic
 - Add pepper
 - Add coriander
 - Add cumin
 - Add tomatoes
 - Simmer 10 mins.
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- Mix with beans, add zest, simmer 15 mins.

Kolokithopita (Greek Pumpkin Pie)

about 16 sheets filo pastry (200g packet)
plenty of olive oil

1 onion, cut into half rings
about 1kg pumpkin flesh, grated
2 teaspoons salt
black pepper

1 egg, beaten
180g feta cheese, crumbled

- Fry onion in 4 tablespoons of the oil, until soft
- Add pumpkin and fry until pumpkin soft (10 mins)
- Add salt and pepper, leave to cool
- Add the egg and feta

- Layer 4 sheets of filo in baking tin, brushing each with oil (Cover filo with damp tea towel)
- Spread quarter of pumpkin mixture
- Put 2 oiled sheets of filo on top
- Repeat until all pumpkin mixture is used
- Finish with 4 sheets on top, brush with oil
- Roll up the edges and brush rim with oil
- Bake for 40 mins at 190° C (or until golden brown)

(Tip: if pumpkin mixture is watery, add some bulghar wheat)

Pumpkin Bread

425g white flour

310ml water

1 teaspoon yeast

1 teaspoon salt

1 tablespoon sugar

1 tablespoon oil

100g pumpkin puree

handful pumpkin seeds

Pumpkin Fritters (Indian)

(Batter)

150g gram flour

¼ teaspoon baking powder

¼ teaspoon turmeric

1 teaspoon chilli powder

½ teaspoon salt

450g pumpkin flesh, grated

1 onion, sliced finely

2 tablespoon sesame seeds

oil for frying

- Mix batter ingredients with 200ml water
- Mix in pumpkin, onion and seeds
- Fry spoonfuls (about 1cm thick) on both sides
- Serve as soon as possible

Spicy Pumpkin Pie

Puff Pastry

1 beaten egg

Some oil

600g pumpkin, 1cm cubes

1 teaspoon chilli powder

1 teaspoon smoked paprika

Handful of chard or spinach leaves

100g toasted flaked almonds (keep some for top)

1 tablespoon curry paste

Black pepper

Enough coconut milk to moisten

- Roll pastry into desired shape, brush with beaten egg
- Bake for 20 mins at 190° C

- Roast squash in oil and spices for 25 mins at 190° C
- Fry chard, add paste, pumpkin, almonds, black pepper and coconut milk
- Put filling in pie case(s), warm through for 5 mins.

Ross' Pumpkin Pest Pine Nut Pasta

An amount of cubed pumpkin

An amount of wholewheat pasta shells

A dollop of pesto

A handful of pine nuts (toasted)

- Roast pumpkin (25 mins at 190° C)
- Cook pasta
- Mix everything together
- Serve with parmesan