

Eat Your Pumpkin Recipe Book

It's time to squash food waste



#EatYourPumpkin

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Registered charity no. 1158700

Welcome

Ever thought how spooky it is that millions of pumpkins go to waste each Halloween?

Pumpkins are versatile, delicious and can work well on a pizza, in a curry, in sweet treats and so much more!

Put your pumpkin in pasta with some sage, spice it up with a pinch of chilli in a soup or keep it sweet with a bit of spice and all things nice. But whatever you do, make sure you eat your pumpkin.

Halloween is a spooky time, but what's really weird is that so many of us carve a vegetable and bin it before even thinking of eating it. Carving is so last year, so grab a pen and decor-eat your pumpkin instead. Dig in for some crafty tips and tricks to eat your pumpkin, everything but the stalk.

It's time to celebrate the humble pumpkin and eat everything but the stalk!

“Pumpkin soup is delicious. I have never tried it before but I am now a convert”

“Who knew you could do so much with a pumpkin? I definitely won’t be wasting any pumpkins this Halloween!”



Decor-eat don't carve

The key to making your pumpkin
last longer this year

Step 1: Pick your pumpkin for eating not just for carving.

At patches and supermarkets remember the rule, the smaller the sweeter if you fancy more treats than tricks this year. Your small pumpkin is mighty in many ways - it will have used less water to grow, produce less waste and will be easier to decorate!

Step 2: Save the stress and the mess – decorate instead!

Swap the carving tools for crafty thinking this year and decorate your pumpkin to keep it fresher for longer. Here are our top tips:



Keep it sweet

What better way to combine sweet treats at Halloween than decorating your munchkin pumpkin with candy? Toothpicks studded with jelly, chewy or squishy sweets make an easy combo to decorate your pumpkins this year. Get poking, and use your sweets to make a scary face.



Pumpkin... or cake?

Your pumpkin might get baked into a cake later, but the icing can come now. Icing pens and sprinkles are an easy way to add flair to your pumpkin, they come in all different colours and can help you be quite detailed too. You can even mix up your own icing at home (just icing sugar and a splash of water!) and pipe it with a zip lock bag for a cheaper alternative. Go for a thicker mix so it doesn't drip and hardens quicker.



Get sticky

You might be able to find an edible glue in the cake decorating section of local shops, or a simple mix of icing sugar and water could make an easy alternative to help stick on details like paper features. Double sided tape is perfect for sticking on paper features like wings, horns, ears, and more. Draw, colour in and cut out your design in paper and then use double sided tape to bring it all to life in 3D.



Craft don't carve

If you have toilet paper and two buttons... then you have a mummy pumpkin! Wrap up that pumpkin and tuck in some buttons for eyes. Don't let us decide what your pumpkin will be this year (other than food), look around your house and put old craft materials to use again.



Paint Your Pumpkin

Still up for a bit of mess this Halloween? Paint your pumpkin! Whether you're keeping it creepy or it ends up totally abstract, anything goes with paint. It's fun and safe for all ages and you can still eat your pumpkin after by opting for edible paints and pens.

Step 3: Eat Your Pumpkin!

Gourd grief, are we tucking in yet?



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Roasted pumpkin seeds

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.

Method

1. To prepare the pumpkin seeds for roasting you have to remove all pumpkin flesh. We would recommend putting all pumpkin seeds into a sieve, running them under water and separating the seeds from the stringy stuff, which then goes into the compost with the remaining seeds.
2. When the pumpkin seeds are clean, they can then be simmered. Follow the ratio of 2 cups of water and one tablespoon of salt per $\frac{1}{2}$ cup of pumpkin seeds and then place the seeds and the salt water in a saucepan over a medium heat.
3. Simmer the pumpkin seeds in the water for 10 minutes, then drain off the water.
4. Preheat the oven to 200°C and prepare a baking tray with a baking sheet brushed with olive oil.
5. Spread the seeds out evenly in a single layer on the tray and bake at the top of the oven until the seeds begin to brown (5-20minutes) - the time will depend on the oven and the size of the seeds so keep an eye on the oven to avoid them burning.
6. When ready let them cool on a rack before serving or storing so they retain their crunch. Remove shells before eating.



Pumpkin pie Smoothie

Looking for something to kick start your mornings?
This delicious spiced pumpkin smoothie is sure to get you off to
a flying start!

Ingredients (serves 2-3)

For the smoothie

- 300 grams pumpkin flesh
- 2 frozen bananas
- 3 dates
- 470 millilitres of almond (or other any non-dairy) milk
- 1 tablespoon of pumpkin pie spice mix

- Seeds from ½ a vanilla bean, or 1 teaspoon of vanilla extract

For the pumpkin pie spice mix

- 4 teaspoons of cinnamon
- 2 teaspoons of ground ginger

- 1 teaspoon of grated nutmeg
- 1 teaspoon of allspice
- ½ teaspoon of ground cloves

Method

1. Chop the pumpkin flesh into small pieces, boil until cooked for roughly 15 mins. Then allow to cool.
2. Whizz the pumpkin flesh with a little water in a blender until it is smooth
3. Make the pumpkin spice mix in a jar and shake the jar to mix
4. Chop the frozen banana into slices
5. Add the rest of the ingredients and blend until smooth

With thanks to Made in Hackney for providing the recipe.

A loaf of pumpkin and coconut cake, topped with pumpkin seeds, sits on a wooden cutting board. In the background, there are several pumpkins of various sizes on a wooden surface.

Pumpkin and coconut cake

If you're carving a jack-o'-lantern this Halloween, Save your pumpkin's flesh and use it to make this delicious pumpkin and coconut cake.

Ingredients (serves 5)

- 300 grams pumpkin flesh cooked and then mashed or blitzed
- 100 grams maple syrup
- 75 grams coconut oil, melted
- 225 grams self-raising flour
- 2 teaspoons baking powder
- 3 teaspoons cinnamon or mixed spice
- 50 grams desiccated coconut

Method

1. Pre-heat oven to 180°C.
2. Mix pumpkin well with oil and maple syrup.
3. Add the flour, baking powder and cinnamon, desiccated coconut and combine well.
4. Bake in a greased and lined loaf tin for 15 minutes, before checking. Cover with foil, if the loaf cake is browning. Bake for another 15 minutes (approximately).
5. Allow to cool a little before slicing. It's delicious freshly baked but even yummiier when it goes gooey the next day!



Thai pumpkin soup

This Thai pumpkin soup is an easy autumn warmer. It's a great way to use up the flesh from pumpkins around Halloween. You can go as spicy as you like by changing the amount of Thai red curry paste you use. Use the toasted pumpkin seeds to garnish and make it extra special. You can also chuck in leftover veg (or meat) that needs using up.

Ingredients (serves 4)

- 1 small to medium pumpkin, peeled, deseeded and chopped
- 1 onion, sliced
- 200 millilitre coconut milk
- 500 millilitre vegetable stock
- 1 tablespoon grated ginger
- 3-4 tablespoons Thai red curry paste
- 2 tablespoons of vegetable oil or coconut oil
- Sea salt (or soy sauce) and cracked black pepper to season
- lime juice, for seasoning (optional)
- 1 red chilli, sliced, to serve (optional)

Method

1. Heat the oven to 200°C.
2. Toss the pumpkin or squash in a roasting tin with 1 tablespoon of oil, then roast for 30 minutes until golden and tender.
3. Put the remaining oil in a saucepan with the onion and ginger.

Instructions continue on the next page



Thai pumpkin soup

Method

4. Cook on a medium heat for a few minutes until softened.
5. Stir in the curry paste for 1 min, followed by the roasted pumpkin and the rest of your ingredients aside from 3 tablespoons of the coconut milk.
6. Bring to a simmer and cook for 5 minutes. Then blitz with a stick blender until smooth.
7. Return the pan to heat through, seasoning with pepper and optional lime juice.
8. Serve in bowls drizzled with the remaining coconut milk, chilli and scattered with chilli and toasted pumpkin seeds if you have them.



Pumpkin katsu curry soup

Here's a pumpkin katsu curry soup with toasted rice and bread crumbs for low effort crunch. It's deliciously warming and good for the soul.

Ingredients (serves 4)

For the curry brick:

- 2 tablespoons butter
- 1 tablespoon (Madras) curry powder
- 1/2 teaspoon cayenne pepper
- 1 tablespoon flour

For the soup:

- 1 small/medium pumpkin
- 1 onion, chopped
- 4 cloves garlic, chopped
- 1 thumb sized knob of ginger, chopped
- 3 tablespoons soy sauce

- 2 tablespoons rice vinegar
- 1 vegetable stock cube
- 1 small apple, chopped
- Optional but nice: 1 medium (sweet) potato, 2 small carrots, chopped

Method

1. Cut pumpkin into large chunks and salt liberally. Drizzle oil and roast on 200°C for 45 minutes until softened. Peel off skin and tear into smaller chunks.
2. Fry butter until browned, add curry powder and cayenne, then add flour and stir and cook for a few minutes until browned and thickened. Let cool.
3. Heat a large pan/pot on medium, add oil, saute onion, garlic, ginger. Add any vegetables, pumpkin, and all the other ingredients. Cover and simmer for 15-20. Add 2-3 tbsp of the curry brick. Simmer for 10 more minutes until vegetables are soft. Blend and serve

Suggested Toppings: spring onion (thinly sliced and soaked in ice water if you want the curl), toasted breadcrumbs, toasted rice (put them in the oven on grill/broil for ~5 minutes)

With thanks to [Yinka Ogunbiyi](#) for the recipe.



Roast pumpkin sage & hazelnut pasta sauce

This hearty and rich pumpkin pasta sauce recipe is inspired the flavours of the colder months. Using only a few ingredients, this is a super easy meal to put together.

Ingredients (serves 4)

- 1 medium pumpkin or squash
- Dash of vinegar (balsamic is preferred, white or red wine or cider will also do the trick)
- Oil, preferably olive
- Small bunch of fresh sage leaves or 1 tablespoon of dried sage (thyme, rosemary, savoury or marajoram substitute well)
- 75 grams roughly chopped hazelnuts (walnuts or almonds also work well)
- Chilli flakes, optional
- Serve tossed with 500 grams of pasta, any shape you like.

Method

1. Heat the oven to 180°C. Chop and deseed the squash, cut into small chunks, then toss with a good glug of oil in a large baking tray and season. Roast for 40 minutes or until browned and tender, adding the sage leaves, and hazelnuts for the last 5-6 minutes and then mixing in the balsamic vinegar.
2. Around 10 minutes before the end of the cooking time, put the pasta on to boil cooking to packet instructions. When the pasta is al dente, drain and transfer to a large mixing bowl.
3. Toss the squash mixture through the pasta, a few chilli flakes can make a welcome addition.



Banana, pumpkin & chickpea curry

Pumpkin works so well with curry flavouring and a little heat. This recipe takes inspiration from Caribbean food with pumpkin combining with chilli, coconut and banana or plantain.

Ingredients (serves 4)

- 1 tablespoon of coconut oil
- 1 onion, sliced
- Thumb size piece of ginger, peeled and chopped
- 1 clove of garlic, chopped
- 1 fresh red chilli (Scotch Bonnet is preferable to recreate the Caribbean flavour, but chilli is optional
- depending on if you like it hot or not), deseeded and chopped
- 1/2 bunch fresh coriander, leaves picked and stalks chopped
- 1 teaspoon turmeric
- 2 tablespoons curry powder
- 1 x 400 grams tin of chopped tomatoes
- 1 medium pumpkin or butternut squash, seeds removed (you can roast and eat these). Cut into chunks
- 1 x 400 gram tin of coconut milk
- 1 x 400 gram tin of chickpeas, drained
- 1 ripe banana, sliced or a ripe plantain or a tin of pineapple chunks in juice

Method

1. Heat 2 tablespoons of coconut oil, sweat the onion and garlic at a medium heat for 3 minutes.
2. Add the ginger, coriander stalks, garlic, red chilli (optional) cook for a further 2 minutes.

Instructions continue on the next page



Banana, pumpkin & chickpea curry

Method

3. Add the turmeric, curry powder and pumpkin (or butternut squash). Coat the pumpkin with all the other ingredients by stirring.
4. Add the tomatoes. Cook until softened which will take about 20 minutes, if the pan needs some water to stop it drying out then add a splash.
5. Then add the coconut milk, banana and chickpeas until heated through and well combined.
6. Scatter with coriander leaves, and enjoy.



Miso & maple pumpkin pie ice cream

Pumpkin pie has never tasted so good, and so umami. The subtle flavour of miso is balanced by the sweetness of the maple syrup and thanks to the smooth, creaminess of the tofu, you'd never even know that it's dairy-free. Serve in some charcoal cones for a Halloween-hued treat.

Ingredients (serves 6-8)

- 250 grams pumpkin insides and off cuts, seeds removed
- 1 ½ tablespoons white miso
- 110 grams maple syrup
- 290 grams silken tofu, drained
- 1 tablespoon vanilla extract
- 70 grams coconut oil, melted
- ½ teaspoon cinnamon
- ¼ teaspoon ground ginger
- ¼ teaspoon ground allspice or nutmeg
- 6 plain digestive biscuits

Method

1. Preheat the oven to 180°C. Line a baking tray with parchment and get out a 2lb loaf tin.
2. Add the pumpkin, miso and 10 grams of maple syrup to the pumpkin and mix to coat. Transfer the pumpkin to the baking tray and roast for 25-30 minutes.
3. When the pumpkin is ready, add the pumpkin along with the drained tofu, vanilla, remaining maple syrup, coconut oil and spices to a blender jug and blend until smooth, thick and creamy.
4. Pour the mixture into the prepared tin and put the dish in the freezer.

Instructions continue on the next page



Miso & maple pumpkin pie ice cream

Method

5. Set a timer for 45 minutes and when time is up, remove the dish from the freezer and stir the mixture, making sure to scrape the ice cream down the sides of the tin and incorporating it into the rest of the mixture. Return to the freezer for another 45 minutes, remove, stir and return to the freezer. Repeat this process another one or two times, adding the crushed biscuits on the third mix, just before it all goes solid and stirring through.
6. Chill for another 1-2 hours for a scoopable consistency. Scoop and serve, if eating straightway. Once frozen allow it to sit for 20 minutes outside the freezer before scooping.

With thanks to Natural Chef, food writer and stylist, Nena Foster for providing the recipe.



Pumpkin & cinnamon butter morning buns

This is a terrific activity to do with your children this half-term, the colour of the swirl is vibrant as you roll these little buns, everyone is going to love them!

Ingredients (serves 6-8)

Dough

- 500 grams strong white bread flour
- 7 grams fast action dried yeast
- 320 millilitres milk
- 1 egg
- 50 grams butter, cubed
- A pinch of salt

Swirl

- 300 grams scooped out pumpkin flesh
- 50 millilitres water
- 1 teaspoon ground cinnamon
- 1/2 nutmeg, grated
- 1 tablespoon soft brown sugar

Syrup

- 100 millilitres water
- 100 grams caster sugar
- 2 cinnamon sticks, or use ground stirred through when syrup is cool

Method

1. Put the flour in the bowl of a mixer. Warm the milk and butter until melted, when cool enough, beat in the egg. Add the yeast. Add this mix to the flour in the food mixer. Mix on medium speed for 2 minutes. Add the salt. Mix on medium speed for a further 5 minutes, until smooth.
2. Remove from bowl with wet or oiled hands and place covered in a clean bowl until doubled in size.

Instructions continue on the next page

Pumpkin & cinnamon butter morning buns



Method

3. Meanwhile make the puree, add the pumpkin and water to a small saucepan with a lid and simmer very gently, stirring often, until soft enough to blend, around 20 minutes. Blend with spices and sugar until smooth.
4. Tip proved dough out onto board and roll into rectangle approx 40 x 25 centimetres, smother the surface all over with puree.
5. Roll horizontally and then cut into smaller discs.
6. Prove again on a lined tray, the sides ever so slightly touching is fine. Prove for 45 minutes.
7. Cook in 200°C oven for 16-18 minutes. Meanwhile make syrup, boil water, sugar and cinnamon for around 3 mins over high heat to form a syrup.
8. Brush the cooked buns immediately with the hot syrup and leave to cool for at least 10 minutes before tucking in.

With thanks to [5 o'clock apron](#) for providing the recipe.

A close-up photograph of two pumpkin and feta rolls on a wooden cutting board. The rolls are golden-brown, flaky, and topped with black sesame seeds. The filling is visible, showing chunks of roasted pumpkin, feta cheese, and other ingredients. A silver spoon is partially visible on the left side of the board.

Pumpkin & feta rolls

With a crisp and flaky outside, and a warm, hearty rich filling, these pumpkin and feta rolls are a quick and easy fix for the cold months ahead.

Ingredients (makes 8 rolls)

- 1 ready rolled puff pastry sheet
- 1/4 roasted pumpkin or more depending on how many you're making
- 1 pack of feta cheese, crumbled
- 1 tablespoon Lebanese spice mixed
- 1 beaten egg for egg washing
- Salt, pepper, oil based on your preference

Method

1. Pre heat your oven to 180°C.
2. Cut your Halloween pumpkin into even sizes so that they fit into baking trays.
3. Season with salt, pepper and a drizzle of oil.
4. Cover with foil and bake for 45-60 minutes until soft.
5. Once cooked and cool enough to handle, scoop out the flesh and discard the tough skin.
6. Leave in a sieve over a bowl to drain some of the liquid out.
7. Then take around 1/4 of the pumpkin and place in a mixing bowl, you can then freeze the rest of it for use another time.
8. To the bowl add most the of the feta (save some to sprinkle on top).

Instructions continue on the next page

A close-up photograph of two pumpkin and feta rolls on a wooden cutting board. The rolls are golden-brown, filled with pumpkin, feta cheese, and vegetables, and topped with black sesame seeds. A silver spoon is visible in the background.

Pumpkin & feta rolls

Method

9. In a frying pan roast off your spices, just until they smell good and then add that to your pumpkin and feta mix. Season well and taste. Once you're happy get your puff pastry ready.
10. Preheat the oven to 200°C Fan and line a baking tray with parchment.
11. On a lightly floured surface get the puff pastry flat out and cut in half lengthways.
12. On both halves of the pastry add a sausage shape like amount of filling the whole way down, then brush with some egg wash and fold over the pastry.
13. Using a fork secure the rolls together.
14. Brush with egg and sprinkle on some more spice mix and a little feta.
15. Then cut in half and half again to make 4 rolls out of each pastry so making 8 rolls altogether.
16. Get onto the baking tray and bake for 15-20 minutes, let them cool and enjoy!

With thanks to [Poppy Cooks](#) for providing the recipe.



Pumpkin spice doughnut holes

These mouthwatering pumpkin doughnut holes are a real sweet treat for you and the kids this Halloween.

Ingredients (makes 5-6 doughnut holes)

- 60 grams frozen cooked pumpkin
- 100 millilitres whole milk
- 40 grams butter
- 1 egg
- 1 x 7 grams instant dry yeast packet
- 280 grams plain flour
- 50 grams caster sugar
- 1 teaspoon ground cinnamon
- Pinch of ground cloves
- Pinch of ground nutmeg
- For the sugar coating**
 - 100 grams caster sugar
 - 10 grams ground cinnamon
 - Pinch of ground nutmeg
 - Pinch of ground cloves

Method

1. In a microwaveable container, add the butter, milk and frozen pumpkin and microwave until just melted and a bit warm.
2. Add the yeast and egg, mix well.
3. In a stand mixer (or by hand) add the flour, sugar and spices and mix in the wet mixture. Beat in the mixer for a good 5-10 minutes until fully combined and smooth.
4. Cover the bowl with a tea towel and leave to prove in a warm spot for an hour or so or until it's doubled in size.

Instructions continue on the next page



Pumpkin spice doughnut holes

Method

5. Then on a floured surface roll the dough out to around 1/2 an inch thickness.
6. Use a ring cutter to make doughy circles and place onto parchment paper.
7. In a mixing bowl add the sugar and spices and mix well. Set aside for later.
8. In a deep pan add some vegetable oil and heat to 150°C-160°C.
9. Add 5-6 doughnut holes into the oil and cook until golden on both sides. Around 1 minute per side.
10. Drain onto kitchen towel and then toss in your spiced sugar.
11. Serve with caramel sauce and enjoy.

With thanks to [Poppy Cooks](#) for providing the recipe.



Pumpkin & pumpkin seed nachos

What could be better than nachos? We'll show you, with nachos with spiccy pumpkin and gooey cheese.

Ingredients (serves 6-8)

- About 400 grams pumpkin flesh, skin removed
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 1 teaspoon sweet smoked paprika, use hot smoked paprika if you prefer
- 4 teaspoon olive oil
- 1 tin of chopped tomatoes
- 3 cloves garlic, peeled and finely chopped
- Pinch of chipotle chilli flakes, more or less, as you like
- 1 tin of black beans, drained of liquid
- 1 large packet of tortilla chips
- 80 grams cheddar cheese, coarsely grated
- Salt
- 1/2 small bunch of coriander, roughly chopped, to serve
- Sour cream, to serve

Method

1. Roast the pumpkin with the spices and 1/2 the olive oil seasoning to taste with some salt. Roast on a baking tray in the oven at 200C until soft and cooked through, around 30 minutes. Remove from the oven.

Instructions continue on the next page



Pumpkin & pumpkin seed nachos

Method

2. Meanwhile prepare the beans and tomatoes, in the remaining oil, sauté the garlic until soft and sweet for a couple of minutes over a moderate heat. Add the tomatoes and season well with salt and chipotle chilli flakes, if using. Let the mixture simmer for around 10 minutes to thicken, add the beans and cook for 3-5 minutes more for the flavour to meld and beans to heat through.
3. Pile the tortilla chips in a large oven proof dish and add the cooked, spiced pumpkin and the tomato beans. Add the cheese and pop the dish in the hot oven, just enough for the cheese to begin to melt, about 5 minutes.
4. Remove from the oven and spoon over the sour cream, some chopped coriander and, if you fancy it, or for those who can hack it, some hot sauce or extra chilli flakes at the table.

With thanks to [5 o'clock apron](#) for providing the recipe.



Crusted pumpkin wedges

You can use all kinds of pumpkin to make these delicious wedges. Perfect served with pumpkin seed pesto for a light dinner.

Ingredients (serves 2)

- Medium pumpkin (skin on)
- 50 grams of Parmesan, grated (or other hard cheese or vegan alternative)
- 20 grams dried white breadcrumbs
- 6 tablespoons finely chopped parsley
- 2 ½ teaspoons finely chopped thyme
- Grated zest of 2 large lemons
- 2 garlic cloves, crushed
- 60 millilitres of olive oil
- Salt and white pepper

Method

1. Preheat the oven to 190°C. Cut the pumpkin into 1 centimetre thick slices and lay them flat, cut-side down, on a baking sheet that has been lined with greaseproof paper.
2. Mix together in a small bowl the Parmesan, breadcrumbs, parsley, thyme, half the lemon zest, the garlic, a tiny amount of salt (remember, the Parmesan is salty) and some pepper.
3. Brush the pumpkin generously with olive oil and sprinkle with the crust mix, making sure the slices are covered with a nice, thick coating. Gently pat the mix down a little.
4. Place the pan in the oven and roast for about 30 minutes, or until the pumpkin is tender: stick a little knife in one wedge to make sure it has softened and is cooked through. If the topping starts to darken too much during cooking, cover loosely with foil.
5. Serve with your favourite dip or pumpkin seed pesto to keep things seasonal.



Pumpkin seed pesto

Find a home for seeds from your pumpkins, with our delicious pumpkin seed pesto. It's not just thrifty, it's tasty and is an amazing food waste buster.

Ingredients

- 2 tablespoons of toasted pumpkin seeds
- 1 bunch of green herbs (basil, parsley, fennel fronds, tomato leaf etc)
- 50 millilitres extra virgin olive oil
- 75 grams of hard cheese (Parmesan, Pecorino or a vegan alternative are all great)
- Optional: throw in some roasted pumpkin flesh for a sweet flavour and orange colour.

Method

1. Blitz all the ingredients above in a small blender. That's it!



Simple pumpkin pie

Fill a sweet shortcrust pastry tart case with lightly spiced squash to make a traditional American treat.

Ingredients (serves 6-8)

For the filling

- 200 grams light brown sugar
- ½ teaspoon salt
- 1½ teaspoons ground cinnamon
- ⅛ teaspoon ground allspice

- ½ teaspoon ground ginger
- 2 large eggs
- 450 grams cooked pumpkin, mashed
- 375 millilitres milk

For pastry

- 175 grams plain flour, sieved
- 85 grams butter
- 25 grams caster sugar
- 1 egg yolk
- 1 tablespoon water

Method

1. Rub the butter into the flour until mixture resembles fine breadcrumbs. Stir in the sugar, then add egg yolk and water and mix to a firm dough.
2. Knead lightly and roll out to line a 22cm flan case. Bake “blind” in preheated oven 180° C for 10 minutes.
3. While the pastry case is baking you can prepare the filling. Combine sugar, salt and spices in small bowl; set aside.
4. Using an electric mixer, beat the eggs with the pumpkin. Add the sugar mixture and beat again until combined.
5. Mix in the milk.
6. Pour the filling into the pie crust and put back into the oven. After 15 minutes turn the temperature down to 160° C and bake for a further 45 minutes or until the filling is set and you can insert a knife into the centre and it comes out clean.
7. Remove from the oven and leave to cool on a wire rack.

#EatYourPumpkin



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