

Roasted Pumpkin and Coriander Soup

INGREDIENTS:

- 1 small pumpkin
- 2 red peppers
- 2 tablespoons olive oil
- 1 onion, chopped
- 3 cloves garlic, crushed
- ½ teaspoon juniper seeds
- 100g celery, chopped
- 2 small red chillies, deseeded and finely chopped
- 1 litre vegetable or chicken stock
- Large bunch of fresh coriander, chopped
- Salt
- Black pepper
- 2 tablespoons of crème fraiche
- Pinch of Spanish smoked paprika

RECIPE:

1. Quarter the pumpkin, remove the seeds (don't discard them, they are lovely when roasted and make a great nibble)
2. Cut the red peppers in half, remove the seeds and place them with the pumpkin onto a roasting tray. Drizzle the flesh with a little olive oil and place into a pre heated oven set at gas mark 6/200C/400F and roast for about 40 minutes.
3. Remove from the oven. Scrape the flesh from the skin of the pumpkin and place to one side along with the roasted pepper.
4. Heat a little olive oil in a saucepan; add the chopped onion, crushed garlic, juniper seeds, celery and red chillies. Cook for a few minutes until the onions and celery are soft.
5. Add the pumpkin and red peppers, the stock and finally the chopped coriander. Bring to the boil, reduce the heat and allow to simmer for 15 minutes. Season with salt and freshly ground black pepper and then process the soup in a blender to make it smooth.
6. Serve with a spoonful of crème fraiche over the top sprinkled with a little paprika.



Belfast
City Council

Gluten-Free Pumpkin & Raspberry Brownies

(Makes 10-12)

INGREDIENTS :

- 400g pumpkin/squash (peeled weight)
- 200g dark chocolate (at least 70% cocoa solids)
- 200g salted butter
- 4 eggs
- 250g caster sugar
- 75g cocoa
- 100g ground almonds
- 2 tsp gluten free baking powder
- Small pack of white chocolate buttons
- 200g raspberries (or another fruit that goes well with chocolate – bananas and pitted cherries work well)

RECIPE:

- 1 Line a 20x30cm roasting tray (or similar) with baking parchment.
- 2 Peel the pumpkin and remove the seeds. Roughly cube the flesh, put in a roasting tin with a couple of tablespoons of water, cover with foil and cook at 150°C for 30 minutes, or until soft.
- 3 Melt the chocolate and butter in a glass or metal bowl set over a pan of simmering water (make sure the water doesn't come into contact with the bottom of the bowl – this might cause the chocolate to split).
- 4 Blitz the pumpkin in a food processor (if you don't have one mash with a potato masher), add the eggs and sugar and mix well.
- 5 Put the cocoa, almonds and baking powder in a separate bowl.
- 6 Mix the pumpkin mixture with the cocoa mixture and add the melted chocolate and butter.
- 7 Put in the tray and top with the buttons and fruit.
- 8 Cook in the oven at 170°C for 30 minutes, or until firm.
- 9 Because these brownies are gluten free they do need to be cooked reasonably thoroughly, otherwise they can fall apart. *Copyright Chloe Horner, What Chloe Cooked Next.*



Belfast
City Council

Ainsley's Spiced Pumpkin Cake

INGREDIENTS:

- 250g plain flour
- 1 tsp bicarb of soda
- 1 tsp cinnamon
- ¼ tsp ground cloves
- 1 ½ tsp ground ginger
- ½ tsp allspice
- Pinch of salt
- 150g soft brown sugar
- 60g softened butter
- 1 large egg
- 150g molasses or black treacle
- 120ml boiling water
- 200g pumpkin flesh

RECIPE:

- 1 For the pumpkin puree, cut the pumpkin into quarters, then peel and cut into chunks. Place in a large saucepan, cover with water, bring to the boil and cook for 20 minutes or until tender. Drain, cool, then puree in a food processor or mash with a potato masher.
- 2 Preheat oven to 180°C/350°F/Gas 4. Grease and line a 20cm/8inch deep cake tin.
- 3 Sift flour, bicarb, ginger, spices and salt into a large bowl.
- 4 Stir the molasses / treacle into the boiling water until well combined, then stir in 200g of pumpkin puree.
- 5 Beat together the butter and sugar until pale, add the egg and continue to beat until light and fluffy.
- 6 Gradually mix in the pumpkin and egg mixture into the dry ingredients until well combined. Do not over mix.
- 7 Pour into the cake tin and bake in the middle of the oven for 45-50 mins or until an inserted skewer comes out clean. Cool on a wire rack and serve with custard or coconut custard.

Recipe provided by Ainsley Harriott
www.ainsley-harriott.com



Belfast
City Council

Pumpkin & parmesan risotto

INGREDIENTS: (serves 4)

- 1kg pumpkin chopped in small cubes (reserve peelings)
- Pinch saffron strands
- 60ml olive oil
- 250g carnaroli rice
- 60g butter
- 1tsp tomato puree
- 1 litre hot vegetable stock or good quality stock cube
- 4 shallots, peeled & finely chopped
- 60g freshly grated parmesan

RECIPE:

- 1 Put the pumpkin peelings into a saucepan for 30mins with the saffron, tomato puree & vegetable stock. Bring to the boil & simmer for 30mins then strain through a fine meshed sieve.
- 2 Melt the butter in a pan & gently cook the shallots in the butter until soft.
- 3 Add the rice, stirring it well with a wooden spoon over a low heat.
- 4 Gradually add the stock a little at a time for 5mins, stirring constantly & ensuring that each addition has been fully absorbed by the rice before adding the next.
- 5 Add the pumpkin, season & continue to add the stock while cooking in the same way until the rice is soft, but still al dente & plump. The risotto should be quite moist at this stage, not dry & not too wet.
- 6 Add the butter & stir in half the parmesan.
- 7 Correct the seasoning & service with the rest of the parmesan.

Thai Pumpkin Curry

(www.hubbub.org.uk)

(Serves 4)

- 2 tsp oil
- 1 large onion, sliced
- 2 garlic cloves, crushed
- 15g ginger, grated
- 3 tsp Thai curry paste
- 1kg pumpkin, peeled and diced
- 350ml coconut milk
- ½ Knorr vegetable stock pot
- Splash of boiling water
- Zest of ½ lime
- 2 lemongrass stalks, bruised
- Handful of fresh coriander, chopped
- Salt to taste
- Pepper to taste

Thai Curry paste

- 1 small onion, diced
- 1 stalk lemongrass, diced
- 2 chilies
- 3 garlic cloves
- 15g fresh ginger, grated
- 2 tsp tomato puree
- 1 tsp ground cumin
- 1 tsp ground coriander
- 2 tsp soy sauce
- 1 tsp sugar
- 1 tsp chili powder
- 2 tsp lime juice
- 2 tsp coconut milk

Method

1. Blitz the ingredients for the Thai curry paste, except for the coconut milk, in a food processor/blender until smooth.
2. Add coconut milk to the mixture and blitz again until smooth.
3. Heat oil in a large saucepan or a wok. Add the onion, garlic, and ginger and fry for 4-5 minutes.
4. Add the curry paste and pumpkin. Fry for another 4-5 minutes.
5. Add the coconut milk, lime zest, and lemongrass. Add the stock cube along with the splash of boiling water. Stir well.
6. Bring to boil, reduce the heat and simmer for 15-20 minutes or until pumpkin is tender. Stir occasionally and season with salt and pepper to taste. Serve with jasmine rice and coriander.



Belfast
City Council