

PUMPKIN



PREPARATION

- Cut a section out of the whole pumpkin and remove the skin by cutting away from you (if roasting, no need to remove the skin).
- Remove seeds and stringy pieces and cut into pieces.
- TIP: To make it easier to chop the pumpkin, heat in the microwave first.

ADD FLAVOUR

- Add spices such as nutmeg, coriander or dried tarragon to cooked pumpkin.
- Mash boiled pumpkin with kumara or potatoes with a little milk.
- Mash pumpkin and chickpeas with salt, pepper and crushed garlic to make a quick, tasty dip.
- Drizzle pumpkin chunks in 1 Tbsp oil and 1 Tbsp honey and roast in the oven.

STORAGE

- Store whole pumpkins in a cool, dark, dry place.
- Store cut pumpkin (seeds removed) in the vegetable section of the fridge.

VEGE UP

- Add small cubes of pumpkin to casseroles, curries and stews at the beginning of cooking.
- Grate pumpkin into meatloaves, meatballs and meat sauces for pasta.
- Add cooked, mashed pumpkin to basic scone and muffin recipes.
- Roast with other vegetables such as potato, kumara and yams for a roast vegetable salad.

COOKING

- Boil in water covered for about 8 minutes or until just tender, depending on size of the pieces.
- Steam over a pot of boiling water for 15 minutes.
- Microwave ½ a medium pumpkin with a little water in a covered dish for about 10 minutes.
- Lightly brush chunks of pumpkin with 1 Tbsp oil and roast at 200°C for 35-40 mins, or until tender and brown (skin can be left on).