

Fruit & Vege Co-op



Pumpkin

STORAGE	PREPARATION
<ul style="list-style-type: none">- Store whole pumpkins in a cool, dark, dry place.- Store cut pumpkin (seeds removed) in the vegetable section of the fridge.	<p>TIP: To make the pumpkin easier to chop, heat in the microwave first, cut a section out of the whole pumpkin, remove seeds and stringy pieces and cut into pieces, remove the skin by lying the section on its side and cutting away from you (if roasting, no need to remove the skin).</p>
ADD FLAVOUR	VEGE UP
<ul style="list-style-type: none">- Add spices such as nutmeg, coriander or dried tarragon to cooked pumpkin.- Mash boiled pumpkin with kumara or potatoes with a little milk and add some stock or vege water and a little nutmeg for a delicious soup.- 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.	<ul style="list-style-type: none">- 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	
<ul style="list-style-type: none">- 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 30-45 minutes, or until tender and brown (skin can be left on).	
RECIPE: Beef and Pumpkin curry (Serves 8-10) <i>Source: Kai Lelei Recipes for Large Families</i>	
<p>1 Tbsp vegetable oil 1 kg pumpkin, peeled and chopped (approx 5 cm squares) 4 onions, peeled and chopped 2 Tbsp curry powder 1 kg stewing steak cut into small pieces (approx 5 cm squares) 2 cups water</p> <p>1. Heat oil in large heavy-based saucepan. Add chopped onions and cook until light brown. 2. Stir in curry powder and cook 2 minutes. Add meat and stir over moderate heat until browned. 3. Add water, bring to the boil, cover, lower heat and simmer for 1 ½ hours. 4. Add pumpkin and simmer further for another hour (total cooking time 2 – 2 ½ hours). 5. Serve immediately with boiled rice and boiled or steamed fresh green vegetables.</p> <p>Variations</p> <ul style="list-style-type: none">- Replace the beef with 2 cups of lentils.- Replace the beef with 1kg diced chicken.- Add extra vegetables for more flavour such as garlic, ginger or leeks.- Serve with cooked frozen beans or peas instead of fresh greens.- Serve with unsweetened yoghurt and your favourite chutney.	

FACT: Did you know pumpkin is high in vitamin A which helps with your eye sight and maintaining a healthy immune system.

All recipes are available on our website by visiting www.rph.org.nz > Nutrition > Fruit and Vege Co-op