


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.	<ul style="list-style-type: none">- 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	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.- 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: Pumpkin Soup (Serves 6)	
<p>1½ pumpkin 1 kumara (or 2 potatoes) ½ onion or Leek 1 slice of bacon 4 cups chicken stock 1-2 tsp curry powder 1 Tbsp butter</p>	<p><i>Source: vegetables.co.nz</i></p>  <div data-bbox="1043 1368 1469 1592" style="border: 1px solid red; padding: 5px;"><p>FACT: Did you know pumpkin is high in vitamin A which helps with your eye sight and maintaining a healthy immune system.</p></div>
<ol style="list-style-type: none">1. Cut up pumpkin and kumara and braise in a pot with butter until golden brown.2. Add all other ingredients and simmer for 20 minutes or until vegetables are soft.3. Blend to create a smooth texture or mash to keep it chunky.4. Add pepper to taste.	

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

