



the
squash
&
pumpkin
recipe booklet



Carved pumpkins are a common sight all around the UK at Halloween. The tradition dates back several centuries and is believed to have begun in Ireland. In Irish myth, the character of Stingy Jack tricked the Devil for money. When Jack died, God didn't allow him into heaven and the Devil didn't allow him into Hell. As a result, Jack was condemned to roam the earth forever. People started carving demonic faces into turnips and potatoes to scare away Jack's wandering soul. When Irish immigrants arrived in the US, they started using pumpkins, which were native to the region, to create jack-o'-lanterns.¹

In 2020, the food charity Hubbub carried out research into pumpkin use in the UK. According to the poll, Britons threw away nearly half of the 24 million pumpkins bought that year. The findings suggested that only 40% of people who celebrate Halloween realise that the inner flesh of pumpkins is edible. The discarded vegetables added to the 6.6 million tonnes of household food and drink waste in the UK each year.²

Transition Woodbridge's Local Food & Drink Project encourages people to buy more locally grown or made products, and to reconnect with where and who their food comes from. Our Harvest Fair on October 7th 2023 brought together local producers, environmental groups, musicians and artists for a celebration of this important time of year.

In an effort to save pumpkins (and the huge variety of other squash) from the food waste bin, we've put together some of our favourite seasonal recipes in this booklet. We hope you find some culinary inspiration!

Thanks to our members who have contributed recipes: Carol Steptoe, Peppy Macdonald, Sue Cornford, Claire Ling, Lydia Garfield and Monica Brown.


We are very grateful to the growers and shops who donated squash for our magnificent display at the Harvest Fair: ActivGardens, Brimwood Farm, Deb Pratt, Helmingham Hall, Green Farm Produce, Melton Produce, Oak Tree Community Farm, and Wakelyns.

¹ <https://www.britannica.com/story/why-do-we-carve-pumpkins-at-halloween>

² <https://www.theguardian.com/environment/2020/oct/08/over-half-uks-24m-halloween-pumpkins-destined-for-food-waste>

Charred corn salad with chermoula dressing

From www.mindfulchef.com



NEW

Charred Corn Salad with Chermoula Dressing

Cook 30 mins

Serves 2 | Halve ingredients for 1

Packaging free

- 1 avocado
- 1 corn on the cob
- 1 lemon
- 1 spring onion
- 1 shallot

Recycle

- 20g cashew nuts (Nuts)
- 110g seasonal mixed tomatoes (film*)

Recycle at supermarkets

- Handful of fresh flat-leaf parsley
- 320g diced butternut squash
- 1 tbsp chermoula paste
- 250g white and red quinoa

Recycle at supermarkets

Allergens in bold
Please wash all fresh produce before use

Chef's Tip
How to prep an avocado

1. Preheat the oven to 240C / fan 220C / gas mark 9. Place the **squash** on a lined baking tray and toss with 2 tsp oil, a pinch of sea salt and black pepper. Roast for 20-25 mins, until soft and golden.

2. Make the **pickled shallot**; zest and halve the **lemon**. Thinly slice **half the shallot** into rings and place in a large mixing bowl with the **juice from half the lemon**. Mix and leave to pickle.

3. Bring a saucepan filled with salted hot water to a boil. Remove the **husk from the corn**, then add to the saucepan. Boil for 6-8 mins until just cooked, then remove with tongs or a slotted spoon.

4. Heat a frying pan on medium heat. Add the **cashews** and toast 2-3 mins, tossing regularly, until golden brown. Remove and set aside. Reheat the pan with 2 tsp oil on high heat. Add the **cooked corn** and cook for 3-5 mins, turning occasionally, until deep golden brown.

5. Make the **dressing**; finely dice the **remaining shallot**. Finely dice the **parsley**. Place both in a small bowl with the **chermoula**, **zest** and **juice from the remaining lemon** and a small splash of water. Mix.

6. Shred the **kernels from the cob**. Thinly slice the **avocado**. Add the **squash**, **corn**, **pickled shallot**, **roasted squash**, **quinoa**, **dressing** and **cashews**. Toss to combine.

7. Serve the **salad** on plates and garnish with the **cashews**.

**Calcs pp 589 | Protein 14g | Carbs 54g of which sugars 14g
Fibre 11.4g | Salt 0.55g | Fat 35.4g of which saturates 4.8g**



Pumpkin and Orange Jam

From The Daily Telegraph

3lb/ 1.35 kg peeled and chopped pumpkin (remove the seeds)
Grated rind and juice of 3 oranges and 1 lemon
3lb / 1.35 kg granulated sugar, warmed

Steam the pumpkin until tender then drain thoroughly. Put into a preserving pan and add the rind and juice of the citrus fruits. Bring to simmering point, add the sugar and stir until dissolved. Stir often to prevent sticking.

The jam will not reach 220 F but will begin to go thick after about 20 minutes of boiling. Test for setting with wrinkle test.

Turn off the heat and allow to cool slightly before pouring into clean, jars warmed in the oven. Seal with lids. Makes about 6lbs of jam.

Roast Squash Hummous

Origin unknown

Serves 6. This makes a generous amount which will keep in the fridge for up to 4 days

500g roasted butternut squash or other squash
1 ½ tablespoons olive oil
1 tin cooked chick peas, drained and rinsed
2 tablespoon tahini
2 garlic cloves, crushed
Juice of 1 lemon
120ml water
½ teaspoon salt
½ teaspoon smoked paprika
½ teaspoon cumin, ground
Chilli flakes (optional) and black pepper,
Sesame and sunflower seeds
1 teaspoon olive oil to scatter and swirl on top

Peel and cut the squash into 2 cm cubed and roast at 180 C/ 160C fan/gas mark 4 for 45 mins until soft. Allow to cool.

Place the roasted squash and all the other ingredients in a food processor and blend until smooth. Check consistency and add more water or olive oil if too stiff.

Spoon into a bowl and sprinkle seeds on top and a swirl of olive oil.



Roast squash wedges

From Waitrose

Pre-heat the oven to 200°C.

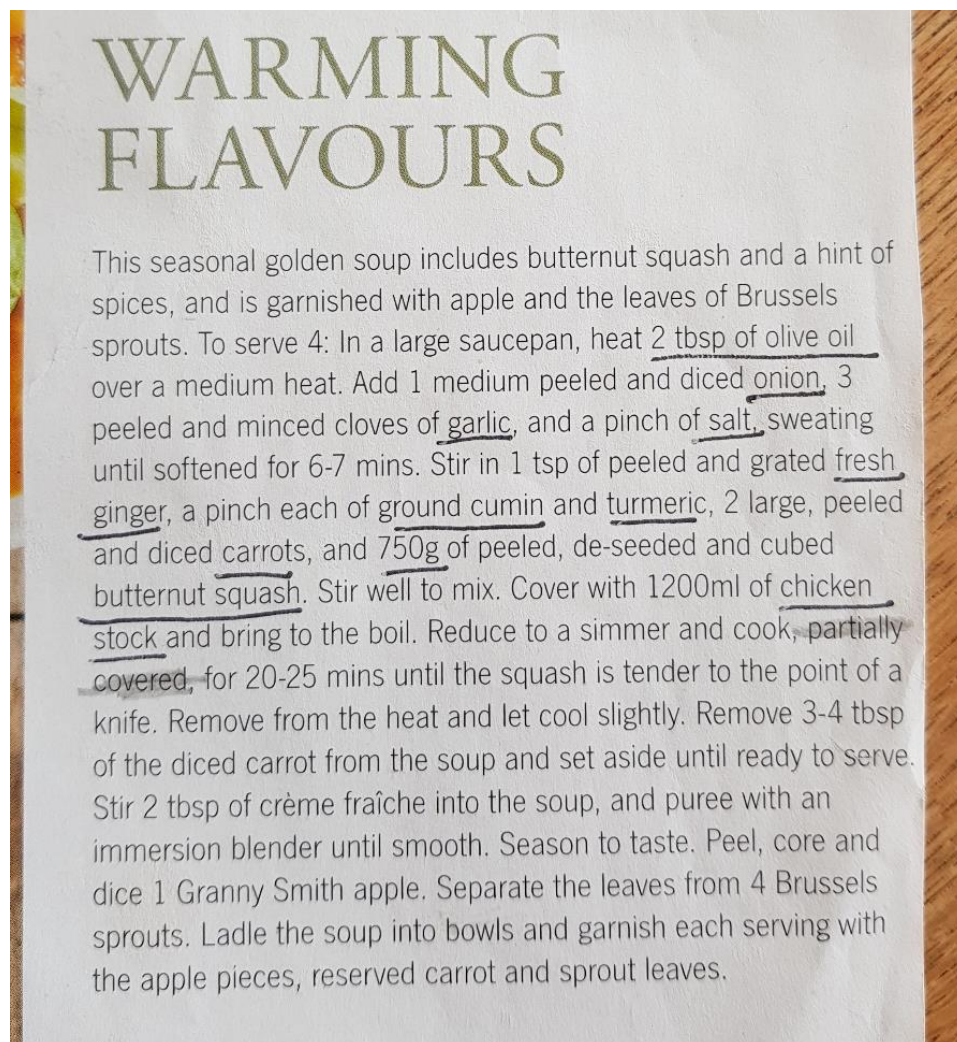
Peel a butternut squash (optional – the skin is edible but some people prefer it without). Cut the squash into wedges 1-2 cm thick at the fat end.

Toss the wedges with oil of your choice, ¼ tsp ground cumin, ¼ tsp smoked paprika, ¼ tsp brown sugar and a sprinkle of chilli flakes (optional – season with salt and pepper as well).

Place the wedges on a baking tray and roast for around 30 mins until tender and golden in colour. Turn them over halfway through to help cook evenly.

Butternut squash & carrot soup

From Landscape magazine




Stuffed squash with raclette cheese

From Waitrose

STUFFED SQUASH WITH RACLETTE CHEESE
Serves 2 | Prepare 20 minutes | Cook 50 minutes

Ingredients

- 1 small-medium butternut squash *or other squash*
- 1½ tbsp olive oil
- 30g blanched hazelnuts
- 1 large red onion, halved and finely sliced
- 1 clove garlic, crushed
- ½ tsp ground allspice
- ¼ tsp ground cinnamon
- 250g pack ready-cooked basmati and wild rice
- ¼ x 25g pack flat leaf parsley, roughly chopped
- ¼ x 20g pack thyme, leaves picked
- Squeeze lemon juice
- **100g Emmi Raclette**, sliced (available from the service counter)



Method

1 Preheat the oven to 200°C, gas mark 6. Halve the butternut squash lengthways and scoop out and discard the seeds. Score the flesh in a criss-cross fashion and brush all over with ½ tbsp oil. Place cut-side up in a baking dish and season, then roast for 45 minutes or until the flesh is tender but still holding its shape. Put the hazelnuts in a small roasting tin and roast for the first 10 minutes of cooking, then remove and set aside to cool. Roughly chop when cool enough.

2 Meanwhile, heat the remaining 1 tbsp oil in a saucepan over a medium-high heat. Fry the onion for 5 minutes until starting to soften, then add the garlic and cook for another 3 minutes until turning golden. Stir in the spices, cooking for a minute more, then add the rice, cooking for a final 2 minutes. Stir in most of the parsley, along with the thyme and chopped hazelnuts. Season, add the lemon juice, then set aside off the heat.

3 When the squash is ready, turn the grill to high. Pile the rice mixture into the squash cavity, scattering any excess into the baking dish. Top with the raclette cheese. Place under the grill for 2-3 minutes until golden and bubbling. Scatter with the remaining parsley and serve alongside a green salad, if liked.

Per serving 2897kJ/694kcal/36g fat/11g saturated fat/60g carbs/18g sugars/17g fibre/23g protein/1.1g salt/gluten free

Cook's tip

Any small-medium seasonal squash works well in this recipe. Try acorn or queen squash instead.

Notes:

- You can use any squash – it doesn't have to be butternut
- You can use any cheese that will melt well – it doesn't have to be raclette
- You can use dry-fried seeds instead of the hazelnuts



Roast pumpkin with tomato and yogurt

From Nigel Slater

You need a surprisingly hot oven to brown and sweeten the pumpkin slices, but not so hot that the spices burn. Plenty of olive oil is essential, as is the occasional turning of the golden squash as it roasts.

Serves 4

For the pumpkin:

ginger 40g

garlic 2 cloves

coriander seeds 3 tsp

olive oil 5 tbsp

pumpkin 1kg

For the sauce:

onions 2

olive oil 2 tbsp

garlic 3 cloves

tomatoes 750g

basil 10 leaves

mint 15 leaves

yogurt 200g

Set the oven at 220C/gas mark 8. Grate the ginger to a purée on a fine grater into a large mixing bowl. Peel and crush the garlic and mix it with the ginger. Add the coriander seeds and oil and a grind of salt and pepper.

Cut the pumpkin in half then into slices about 2cm thick, removing the seeds and fibres, but leaving the skin in place. Put the pumpkin slices into the mixing bowl, then toss with the aromatics, so the pumpkin pieces are evenly coated. Transfer the pumpkin to a foil-lined baking tray, tip over any remaining seasoning and oil then bake for about 40 minutes until soft and patchily brown.



November stew or soup with pumpkin, potato, beans and greens

From Rachel Roddy

Prep **15 min** Cook **20 min**

Serves **4**

4 tbsp olive oil

1 onion, peeled and diced

1 garlic clove, peeled and thinly sliced

1 carrot, peeled and diced

1 celery stick, diced

Salt

400g peeled pumpkin flesh, cut into large chunks for stew or small for soup

400g potato, cut into large chunks for stew, or small for soup

1 tomato, crushed, or 1 tsp tomato concentrate

1 sprig fresh rosemary

1 parmesan rind

Vegetable stock, bean broth or water – 1½ litres for soup or 500ml for stew)

400g cooked borlotti beans

200g greens (cabbage, chard, sturdy spinach), cut into ribbons

150g broken spaghetti (if you are making soup)

Put the oil, onion, garlic, carrot, celery and a pinch of salt in a pressure cooker and fry gently until the vegetables are starting to soften and smell good.

Add the pumpkin, potato, tomato, rosemary and parmesan rind, cook for a minute, then cover with the stock or water. Secure the lid and put the pan on to the heat, and bring up to pressure. Then, once steam is released, lower the flame and continue cooking for eight minutes (or according to the manufacturer's instructions).

Open the pot, add the beans, greens and spaghetti (the latter only if you are making soup), close securely again and bring up to pressure for five minutes more. Serve immediately.

To make this in an ordinary pan, simmer the pumpkin and potato mixture for 25 minutes before adding the beans, greens and spaghetti and cook for a further 10 minutes, or until pasta is cooked as you like it.



Pumpkin Risotto

From The Food of Italy by Claudia Roden

RISOTTO CON LA ZUCCA

Pumpkin risotto

Serves 4

Piece of pumpkin weighing about 300g (1lb)

1 onion, chopped

1 tablespoon olive oil

Salt and pepper

1/4 litre milk (8fl oz) milk

*1 litre (1³/₄ pints) light chicken stock (you
may use 1¹/₂ stock cubes)*

350g (12oz) risotto rice

50g (2oz) butter

Grated parmesan

Peel the pumpkin, remove seeds and stringy bits and cut into small cubes. Fry the onion in oil till soft, add the pumpkin, season with salt and pepper and cover with milk. Simmer gently till the pumpkin is tender (from 5–15 minutes). Now bring the stock to the boil in a large pan, throw in the rice and let it simmer gently for 18 minutes, stirring occasionally, and adding salt and pepper, and stock or the milk in which the pumpkin cooked, or water, if necessary, until the rice is tender and the liquid absorbed. Now stir in the pumpkin mixture and the butter and heat through. Serve with grated parmesan.

Pompian Soup

From Michael Smith Entertains by Michael Smith

POMPIAN SOUP

SERVES 16–20

50 g (2 oz) butter or olive oil
225 g (8 oz) onion, skinned and chopped
2 small garlic cloves, crushed
750 g (1½ lb) pumpkin (or melon), weighed after peeling and seeding
350 g (12 oz) freshly boiled and skinned chestnuts, or chestnuts in brine, strained
2 vegetable stock cubes, crumbled
4 × 5 cm (2 inch) slivers of orange rind
1 teaspoon ground ginger
2 teaspoons sweet mild paprika
1 teaspoon freshly ground white or black pepper
1 teaspoon salt (or to taste)
2 sachets saffron powder (optional)
1.2 litres (2 pints) fresh orange juice
600 ml (1 pint) cold water
300 ml (½ pint) single cream

GARNISH:

fine strips of orange zest, blanched

PREPARATION TIME: 30 minutes

COOKING TIME: 20 minutes, plus reheating

This rich warm-toned soup where all the autumn flavours are combined can be served hot or chilled. It is very rich, so serve in small (teacup) quantities. Pompian was an 18th century word for a pumpkin.

- 1 Melt the butter or oil and fry the onion over a low heat until transparent but not coloured.
- 2 Add the garlic and pumpkin or melon. Cook gently until the juices 'draw', stirring from time to time.
- 3 Add all the remaining ingredients apart from the cream or chicken stock and simmer, covered, until the pumpkin or melon is tender. Pass through a mouli or blender, then rub through a fine sieve. Cool, then chill.
- 4 To serve chilled, chill the cream and stir into the soup. To serve hot, bring the soup to boiling point, stir in the cream, then bring back to just under boiling.
- 5 Garnish each serving with slivers of orange rind. Peeled and skinned orange segments may be served as an accompaniment, if liked.



Pumpkin Pie with Maple Syrup

From Tom Hunt in The Guardian



Waste not ... Pumpkin Tom Hunt

Nature determines that vegetables rot, dairy moulds and meat decays, but household food waste is in fact reducing: in 2018, the UK produced about 9.5m tonnes, a 15% reduction from 2007. The same positive trend can be seen at Halloween when, according to the charity Hubbub, more and more people are viewing pumpkins as food and not just decorations - in 2015, only 31% were eaten, whereas last year it was 59%. But our work is not over: we're set to waste a terrifying 15m pumpkins this Halloween, so save the seeds to roast or caramelise, make soup with the flesh (see Felicity Cloake on page 18) or turn your lantern into a pie.

Pumpkin pie with maple syrup

Cut 600g pumpkin into small wedges, arrange on a baking tray and drizzle with 50ml maple syrup. Sprinkle on 50g sugar and a quarter teaspoon each of ground cinnamon, ground ginger and ground cardamom, cover with foil and bake at 200C (180C fan)/gas 6 for 45 minutes, until very soft. Remove and leave to cool. Meanwhile, pulse-blend 200g walnuts or pecans with 100g oats, 300g dates and two tablespoons of water, until they form a dough. Turn out and knead into a ball. Line a 23cm tart case with greaseproof paper, then firmly press the dough into the base to make a crust. Tip the roast pumpkin into a blender and pulse-blend until smooth. Add three large eggs and 200ml double cream, and blend until combined. Pour into the tart case and bake at 180C (160C fan)/gas 4 for 35 minutes, or until set. Leave to cool, then serve with vanilla ice-cream or whipped cream.

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The Perfect Pumpkin Soup

From Felicity Cloake in The Guardian (two pages)

Felicity Cloake The perfect ... Pumpkin soup



Much as I hate wasting food, it cannot be denied that the average Halloween pumpkin has been bred for its face, rather than its flavour, so I'd recommend going for a sturdy winter squash for this soup instead. Not only will something such as a crown prince or a turban squash look much more interesting on the windowsill, it'll taste better on the spoon, too.

The pumpkin

All pumpkins and squashes have a high water content, which means, as J Kenji López-Alt explains, it's a good idea to bake pumpkin, so "some of its moisture content is driven off, intensifying its flavours".

I try a recipe from Evan Jones that leaves the pumpkin whole, filling the cavity left by the seeds with rice, onion and stock, but, arresting as this looks, it doesn't taste of much. For a similar effect, serve the soup in a tureen made from a standard pumpkin shell.

The liquid

Jane Baxter writes in the Riverford Farm Everyday & Sunday book that, "when preparing a pumpkin, it is silly to waste the hairy insides and seeds"; instead, she turns

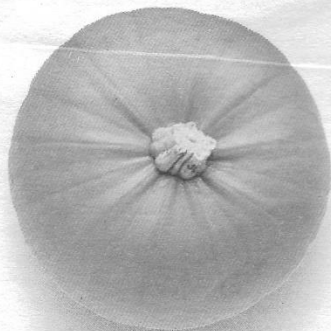
them into a stock to give the dish a more "pumpkiny" character.

The aromatics

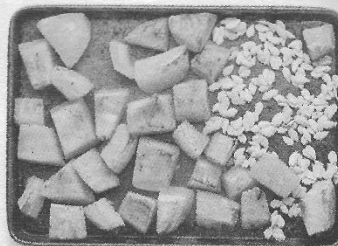
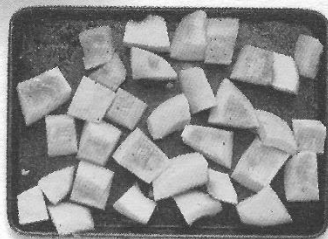
Pumpkin is easily overwhelmed, so I've kept things simple with sauteed red onions to enhance its sweetness, and carrot and celery to round things out; inspired by Sally Clarke, I've also gilded the lily with a little red chilli.

The flavourings

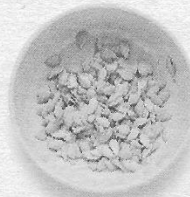
As Janet Macdonald observes in her brilliantly comprehensive Pumpkins & Squashes, "pumpkin soup, without the addition of some fairly strong flavour, can be rather bland. On the other hand, you can go too far and add something which is so assertive that you might just as well not have bothered to include pumpkin at all."



1 Peel the pumpkin, and put aside the skin, seeds and stringy pith. Cut the flesh into cubes and set on an oven tray



2 Toss the pumpkin in oil, then bake for 40 minutes. After half an hour, add the seeds tossed in oil and salt



3 Put the reserved peelings and pith in a pan, cover with water, then simmer for 30 minutes, to make a stock



It's a tricky line to negotiate - my testers and I all love Baxter's version with red curry paste, but, against such punchy competition, the pumpkin itself is more of a texture than a taste, while Elizabeth David's double cream and Paul Bocuse's creme fraiche risk dulling all but the sweetest specimens. Proceed with caution.

The garnish

The nuttiness of López-Alt's brown butter is lovely in combination with Clarke's sage and Jones's nutmeg. Cheese adds a welcome, savoury note, although this is where you can get creative, because pumpkin's subtle flavour goes with almost anything. I would strongly recommend Clarke's crunchy roasted seeds to finish, though.

Perfect pumpkin soup

Heat the oven to 200C (180C fan)/ gas 6. Cut the peel from the washed pumpkin and put it in a medium saucepan with all but a handful of the seeds and all the stringy bits around them.

Cut the flesh into large cubes and put on a baking tray. Toss with oil to coat, season and bake for about 40 minutes, until beginning to brown. Wash the reserved seeds, toss in oil and salt, then put on a small baking tray and, 10 minutes before the end of the pumpkin's cooking time, put the seeds in the oven, too.

Meanwhile, pour the stock into the peelings pan, bring to a boil and simmer gently for 30 minutes.

Put two tablespoons of oil in a large saucepan set over a

GF

| | |
|--------|--------|
| Prep | 20 min |
| Cook | 1 hr |
| Serves | 6 |

About 1.5kg pumpkin or winter squash, washed
Oil
Salt
2 litres light chicken or vegetable stock
1 large red or yellow onion, peeled and chopped
1 celery stick, cut into small dice
2 small carrots, peeled and cut into small dice
1 small red chilli, chopped (optional)
2 tbsp butter (optional)
4 sage leaves, roughly torn, or the leaves from 2 thyme sprigs (optional)
1 handful grated parmesan, or similar (optional)
Nutmeg (optional)

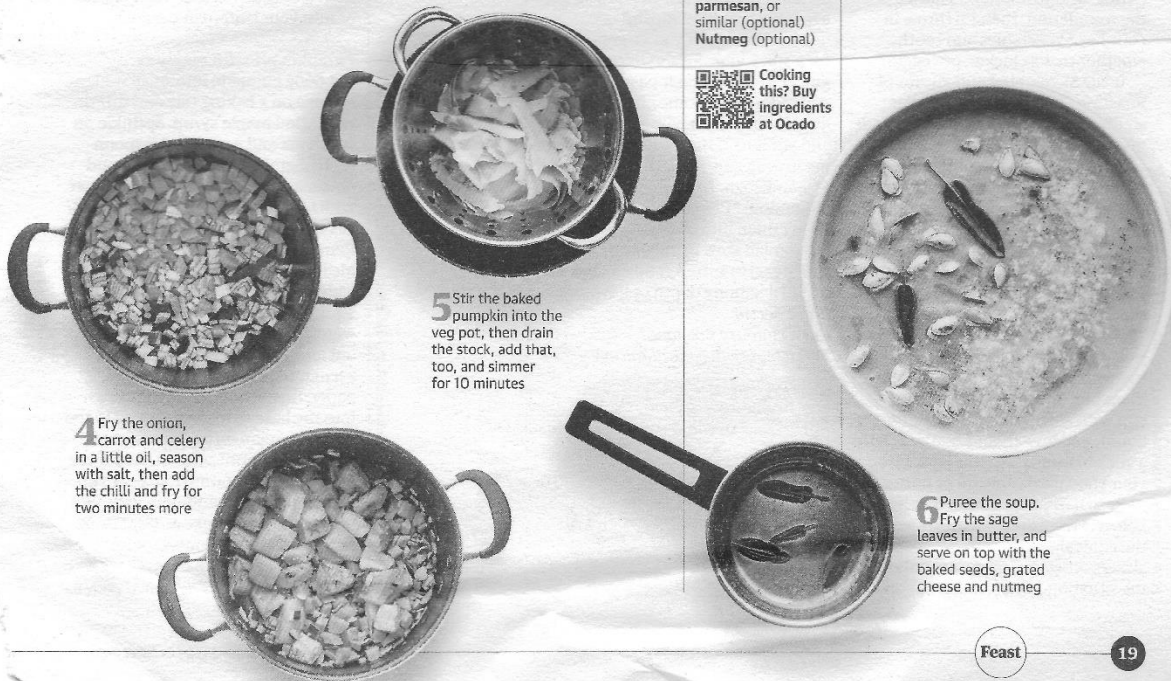
medium-low heat, then fry the onion, celery and carrot with a good pinch of salt, until soft but not coloured. Stir in the chilli and fry for another two minutes.

Add the baked pumpkin to the pan (reserve the baked seeds for later), and fry, stirring, until coated with oil. Strain the stock into the pan, bring to a simmer and cook for 10 minutes more.

Puree the mix and adjust the seasoning, adding a little sugar or diluting with more water, as necessary. Divide between bowls and keep warm.

Melt the butter in a small pan until it's a rich, golden brown, then stir in the sage, if using, and divide between the bowls. Top with the cheese, nutmeg and toasted seeds, and serve.

PHOTOGRAPHS BY DAN MATTHEWS FOR THE GUARDIAN. FOOD STYLING: LOU PARSONS



4 Fry the onion, carrot and celery in a little oil, season with salt, then add the chilli and fry for two minutes more

5 Stir the baked pumpkin into the veg pot, then drain the stock, add that, too, and simmer for 10 minutes

6 Puree the soup. Fry the sage leaves in butter, and serve on top with the baked seeds, grated cheese and nutmeg

Cooking this? Buy ingredients at Ocado



Pumpkin and Cinnamon Loaf

Original source unknown

Makes 2 x 2lb loaves

13oz plain flour
2 tsp baking powder
1 ½ tsp salt
1 tsp ground cinnamon
1 tsp ginger (optional)
1 tsp nutmeg
24 oz granulated sugar
4 medium eggs
1 lb can pumpkin
8 fl oz salad oil (not olive oil)
6 fl oz water
Topping
2 oz melted butter (or 4 oz)
2 tbsp sugar
½ tsp ground cinnamon

Method

Sift dry ingredients together into a bowl. Stir in remaining cake ingredients using a wooden spoon until mixed.

Divide between the two loaf tins (lined with baking parchment). Bake approx. 75 minutes at 150°C fan until a skewer comes out clean. Leave to cool in the tins for 15 minutes, then turn out onto a board.

Mix together the dry topping ingredients.

Stab the loaves all over the crust with a carving fork. Brush with the melted butter so that it runs into the holes, then dust liberally with the sugar/cinnamon mixture.

Allow to cool.

