

Pumpkin

Store	<ul style="list-style-type: none"> Whole, uncut pumpkins should be stored in a cool, dark, dry place. Cut pumpkin should have the seeds removed and be stored in plastic wrap in the vegetable section of the fridge.
Prepare	<ul style="list-style-type: none"> Cut a section out of the whole pumpkin. Set it on a chopping board, cut side down. If you are mashing, boiling or steaming remove the skin by cutting away from you. If roasting there is no need to remove the skin. Remove seeds and stringy pieces with a spoon. Cut into pieces; the size depends on how you are going to cook it. Large chunks for mashing, soups or roasting, small chunks for boiling or steaming.
Cook	<ul style="list-style-type: none"> Boil in small amount lightly salted water, covered for about 8 minutes or more depending on the size of the chunks. Steam for 15 minutes. Microwave 500g chopped pumpkin with a little water in covered dish 7-9 minutes. Roast chunks of pumpkin in an oven dish sprayed with oil at 200°C for 45 minutes to 1 hour, or until tender and brown.
Add Flavour	<ul style="list-style-type: none"> Mash cooked pumpkin with a little ground nutmeg – start with ½ teaspoon.
Vege Up	<ul style="list-style-type: none"> Add small cubes to casseroles and stews at the beginning of cooking. Boil and mash with potatoes. Grate into meat loaves, meatballs, meat sauces for pasta. Add 1 cup of cooked mashed pumpkin to basic scone and muffin recipes. Mash pumpkin and chick peas with salt, pepper and crushed garlic to make a dip.



Recipe Ideas

Pumpkin Soup	<p>1 onion (peeled and chopped) 1 kg pumpkin (about ½ large pumpkin) 1 teaspoon oil 2 teaspoons curry powder 4 cups water</p> <ul style="list-style-type: none"> Heat oil in a large pot, add the onion and cook until soft. Add curry powder and cook stirring for 1 minute, add water and pumpkin pieces. Cover and cook for 20 minutes, or until tender. Puree in a food processor, with a wand or masher. Add salt and pepper to taste. <p>Variations:</p> <ul style="list-style-type: none"> Add a tin of tomatoes. Use ½ carrots and ½ pumpkin. Replace 2 teaspoons of curry powder with 1 teaspoon nutmeg. Add 1 tin of light coconut milk or coconut flavoured light and evaporated milk.
Pumpkin Salad	<p>500gm, in small chunks (roasted) 1 Tablespoon sesame seeds 1 small red onion (sliced thinly) 150g baby green leaves, spinach or lettuce French dressing 1 Tablespoon honey</p>  <ul style="list-style-type: none"> When pumpkin is nearly cooked, drizzle with honey and seeds and continue to roast until pumpkin is tender. Combine pumpkin, red onion slices and green leaves. Toss salad carefully with the dressing and serve.