

Julia's Bake & Eat It!
Custom made cakes for any occasion

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WHAT TO DO WITH YOUR PUMPKIN



So Hallowe'en has finally arrived. You've got the treats for the trick or treaters, you've got the kids their scary costumes and you've carved the pumpkin. Are you wondering now what to do with all the pumpkin flesh that you have scooped out? Did you know that there's more to pumpkin than pumpkin pie? If, like me, you hate wasting food, I've got some great recipe ideas for you.

Roast pumpkin seeds

Place your pumpkin seeds on a baking tray and sprinkle with salt. Oven bake the seeds on a high heat for approximately twenty minutes.

Pumpkin Soup

(serves 12)

1lb (450g) Peeled & seeded pumpkin (diced)

2oz (56g) Margarine

3/4lb (340g) Potatoes (diced)

1 Tin (14oz) Tomatoes

2pts Stock

Salt & Pepper

2tbsp Single cream

Chopped parsley



Melt the margarine in a large pan, add the pumpkin and cook gently for about 5 minutes.
Add the potatoes to the pan and continue cooking for a few more minutes.
Add the tomatoes, stock and salt & pepper.
Bring to the boil, reduce the heat and simmer gently for one hour.
Allow to cool slightly before liquidising.
Return the soup to the pan and stir in the cream.
Reheat gently and sprinkle with a little chopped parsley before serving.

Pumpkin Cake

4oz (110g) Margarine
4oz (110g) Caster sugar
2 eggs (beaten)
2 Rounded dsp golden syrup
8oz (225g) Self-raising flour
1 tsp Mixed spice
Pinch salt
4oz (110g) Mixed dried fruit
½ cup cooked, mashed pumpkin

Cream together the margarine, sugar and syrup together until soft.
Gradually beat in the eggs.
Fold in the flour and mixed spice
Gradually mix in the pumpkin
Pour the mixture into a greased and lined 8" tin and bake for approximately one hour at 180C (160C fan).

Baked Pumpkin

2lb (900g) Pumpkin (diced)
2oz (56g) Dry cheese (preferably Parmesan)
2oz (56g) butter
A little cayenne and grated nutmeg
Salt

Cook the pumpkin in boiling water for 10-15 minutes and drain well.



Melt the butter in a pan, add the pumpkin, salt and spices. Toss for about 5 minutes. Butter a baking dish, lay the pumpkin in this and cover with grated cheese and dabs of butter.

Bake in a fairly hot oven until nicely browned on top.

A few breadcrumbs may be scattered on top with the cheese if desired.

And last but not least...

Pumpkin Pie

750g/1lb 10oz pumpkin (diced)

350g sweet shortcrust pastry

plain flour, for dusting

140g caster sugar

½ tsp salt

½ tsp grated nutmeg

1 tsp cinnamon

2 eggs

25g butter

175ml milk

1 tbsp icing sugar

Place the pumpkin in a large saucepan, cover with water and bring to the boil. Cover with a lid and simmer for 15 mins or until tender. Drain pumpkin; let cool.

Heat oven to 180C/160C fan/gas 4. Roll out the pastry on a lightly floured surface and use it to line a 22cm loose-bottomed tart tin. Chill for 15 mins. Line the pastry with baking parchment and baking beans, then bake for 15 mins. Remove the beans and paper, and cook for a further 10 mins until the base is pale golden and biscuity. Remove from the oven and allow to cool slightly.

Increase oven to 220C/200C fan/gas 7.

Push the cooled pumpkin through a sieve into a large bowl.

In a separate bowl, combine the sugar, salt, nutmeg and half the cinnamon. Mix in the beaten eggs, melted butter and milk, then add to the pumpkin purée and stir to combine.



Pour into the tart shell and cook for 10 mins, then reduce the temperature to 180C/160C fan/gas 4. Continue to bake for 35-40 mins until the filling has just set.

Leave to cool, then remove the pie from the tin.

Mix the remaining cinnamon with the icing sugar and dust over the pie. Serve chilled.

Roasted Pumpkin with Orzo, Pancetta and Mushrooms

1 small pumpkin

Olive oil

1tsp smoked paprika

1tbsp maple syrup

2 tbsp butter

200g mushrooms

2 garlic cloves, finely chopped

1 small glass sherry

200ml chicken stock

1tsp nutmeg

Juice of half a lemon

250g orzo pasta

3tbsp double cream

75g pancetta

Small bunch of parsley, finely chopped

Grated parmesan cheese

Preheat the oven to 200C/gas 6

Cut the pumpkin into thick wedges, removing the seeds (you can roast these as above).

Lay the pumpkin in a large roasting tin, drizzle with oil and sprinkle liberally with paprika and coarse salt.

Roast for 30 minutes then drizzle with the maple syrup and roast for another 10 minutes, basting a little in the juices.

Meanwhile, in a large frying pan melt the butter over a medium-high heat along with a splash of oil. Add the mushrooms and fry until they are really brown and nutty. Turn the



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heat up if it seems like the mushrooms are poaching in the butter. After about six minutes add the garlic and some salty and pepper.

Pour in the sherry and allow to bubble for a minute then add the stock, nutmeg and lemon juice. Bring to a simmer and add the orzo.

Turn the heat down a little and cover with a lid. Cook for about 10 minutes or until the orzo is cooked through.

Whilst the orzo is cooking, fry the pancetta in a pan until golden and crispy. Set aside.

When the orzo is cooked add the double cream and parsley.

Serve with the pumpkin wedges and scatter over the parmesan and pancetta.