



# Easy Pumpkin Cake

SERVINGS: 12

PREPPING TIME: 15MIN

COOKING TIME: 1HR 45 MIN

## Ingredients

250g plain flour  
2 tsp ground cinnamon  
1 tsp salt  
1 tsp baking powder  
1/2 tsp bicarbonate of soda

1/4 tsp ground nutmeg  
1/4 tsp ground ginger  
110g butter softened  
220g brown sugar  
100g caster sugar  
4 large eggs  
1 tsp vanilla extract  
400g mashed pumpkin (boiled pumpkin for 25 min until soft, remove skins and mash.

### For the topping:

225 cream cheese softened  
4 tbsp butter softened  
250g icing sugar  
1 tsp vanilla extract  
Pinch of salt  
Crushed ginger biscuits for topping.

## Directions

1. Preheat the oven to 180C (160C Fan) Line a 23 cm x 33 cm baking tin with parchment and grease. Whisk together flour, cinnamon, salt, baking powder, bicarbonate of soda, nutmeg and ginger.
2. Beat butter and sugars together until light and fluffy. Add eggs, one at a time, beating well after each addition. Add vanilla and pumpkin puree and beat until mixed. Add the dry ingredients and mix until combined.
3. Pour the batter into baking pan and smooth top. Bake until a toothpick in middle comes out clean (about 30 min). Let it cool.
4. Make the frosting by beating the cream cheese and butter until smooth. Add the icing sugar and beat until no lumps remain, add vanilla and a pinch of salt.
5. Lift cake out of the pan by parchment paper and place on a platter and using a knife, spread the topping and top with crushed ginger biscuits.



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## Pumpkin Curry with Chickpeas

SERVINGS: 4

PREPPING TIME: 20 MIN

COOKING TIME: 1 HR 20 MIN

### Ingredients

1 tbsp sunflower oil  
2 tsp Thai yellow curry paste or vegetarian alternative.  
2 onions, finely chopped  
2 cardamon pods  
500g pumpkin  
125 ml vegetable stock

200ml can reduced-fat coconut milk  
400g can chickpeas, drained and rinsed  
1 lime  
1 tsp ground cumin  
1 tsp ground coriander  
1 tsp tumeric  
1 tsp medium curry powder  
large handful mint leaves  
naan bread to serve.

### Directions

#### Step 1

Heat the oil in a saute pan, then gently fry the curry paste and spices with the onions and cardamon for 2-3 mins until fragrant. Stir the pumpkin or squash into the pan and coat in the paste, then pour in the stock and coconut milk. Bring everything to a simmer, add the chickpeas, then cook for about 10 min until the pumpkin is tender. The curry can now be cooled and frozen for up to one month.

#### Step 2

Squeeze the juice of one lime into the curry, then cut the other lime into wedges to serve alongside. Just before serving, tear over mint leaves, then bring to the table with the lime wedges and warm naan breads.



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# Pumpkin Croquettes

SERVINGS: 12-14

PREPPING TIME: 1 HR 10 MIN

COOKING TIME: 1HR 45 MIN

## Ingredients

450g cubed pumpkin

1 tbsp salted butter

1 small onion diced

Pinch teaspoon salt

1/4 cup all plain flour

1 medium egg beaten

3/4 cup panko crumbs (or breadcrumbs)

Sunflower/veg oil for frying

## Directions

### Step 1

Cut the pumpkin in half, scrape out the pulp and the seed, quarter the halves. Steam them for 25 min until they are soft to mash. Remove the skins and mash until smooth. In a frying pan, melt the butter and fry the onions until soft and translucent. Remove from the heat and put into the bowl of mashed pumpkin, sprinkle on the salt and mix well. Form the mashed pumpkin into small oval patties and place them on a baking sheet covered with parchment paper. Refrigerate for 1-2 hours.

### Step 2

Remove from the fridge and coat the pumpkin patties in the flour, dust off the excess, then dip into the beaten egg, making sure it's completely coated. Lastly coat it with the panko crumbs or bread crumbs. Heat the oil to a high temperature. Fry in small batches until they are golden brown and crispy.



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## Pumpkin Rice

### Ingredients

- 1 kg pumpkin, cubed into small pieces.
- 500 g basmati or long grain rice
- 1 tsp salt
- 1 onion diced
- 1 tsp fresh thyme
- 700ml hot water

### Directions

1. Take the seeds out of the pumpkin, and wash it.
2. Grate or cut the pumpkin into cubes
3. Peel and dice the onion
4. Weigh out the rice and wash it
5. Saute the onions in 2tbsp of oil
6. Add the grated or cubed pumpkin, and stir well
7. Add seasoning, salt and thyme.
8. You can add some cayenne or black pepper according to taste.
9. Add 700ml of hot water and mix.
10. Cover the saucepan and leave the rice to cook for 20-30 minutes until the rice is soft and fluffy.



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