

# Two ways to use your pumpkin or squash

## Spicy Squash Soup:

2-4 onions depending on your taste and the size of the onions  
Medium sized squash or pumpkin  
2 cloves garlic  
1 dsp olive oil or other vegetable oil  
½ tsp dried or 1 dsp grated fresh ginger  
½ - ¾ tsp turmeric or curry powder  
¼ - ½ tsp chilli powder or cayenne

Peel, remove the seeds and dice the squash/pumpkin.

Roughly chop the onions, gently fry for 5 minutes, stirring occasionally.

Add the garlic, ginger, turmeric/curry powder and cayenne, and stir.

Add the squash/pumpkin, stir, turn the heat as low as it'll go, then put the lid on and leave for 5 minutes while you boil about 1 litre of water in the kettle.

Add the water, together with some stock powder (start with 1 tsp) or cube to season. Bring back to the boil then cook everything over a low heat with the lid on for another 15-30 minutes until the squash is nice and soft.

Liquidise and taste. Add salt, pepper, and lemon juice to season.

You can also add some creamed coconut at the end – grate or chop it finely, stir in over a low heat until it's all melted.

Add some chopped parsley.

Serve with the lovely seeded malt bread!

## Variations:

To include more of your vegetables and make it even more nutritious try any or all of the following:

- Add a leek with the onions.
- Scrub and grate or chop the parsnip and add it at the same time as the squash.
- Scrub, chop or grate the carrot and add with the squash/pumpkin.
- Wash and roughly chop the spinach/chard and add at the liquidising stage.
- Boil some split red lentils for 20 minutes until soft, then add to the soup before liquidising.



Hauling them in, Autumn 2010

## ROAST PUMPKIN/SQUASH

Heat the oven to 160-180C (depending on what else you're cooking) or gas mark 5 or 6.

Peel, de-seed and cut the pumpkin/squash into cubes (the larger they are, the longer the cooking period).

Cut up two onions into thick slices or segments (like orange segments).

Put them in a baking tray and splash about 1 dessertspoon olive oil or other vegetable oil over them, add a sprinkle of salt, black pepper, a pinch of chilli powder or chopped fresh chilli and some fresh or dried thyme and/or rosemary. Add 2 cloves of garlic, peeled – you can leave them whole or chop or crush them into the mixture.

Mix it all together with your hands then bake in the oven for about 45 minutes to 1 hour. Stick a knife in the largest piece of squash to test it is nice and soft.

Serve with any hot meal, or have with some salad and melted goats cheese or Feta cheese.

### **Variations:**

Scrub and cut into similar sized chunks and mix in with the squash:

- Carrot
- Parsnip
- Beetroot (a bit smaller as this takes longer to cook)
- Swede
- Turnip

Serve any cold leftovers as:

- With salad the next day
- With cold meats or houmous.
- As a sandwich filling with a dab of balsamic vinegar and more feta cheese.



ASHURST PUMPKIN HARVEST 2010