



RESCUING FOOD • NOURISHING COMMUNITIES

FOOD CARD

PUMPKIN



AVAILABLE

All year.

STORE

Whole. In a cool, dark, dry place. Keeps for months.
Cut. In fridge (with seeds scooped out).

EAT

Cooked.

PREPARE

1. Cut in half.
2. Cut into smaller pieces*.
3. Scoop out the seeds and remove the skin.
4. Chop, dice, slice or grate.

*Handy Hint: If skin is tough to cut through, bake for 20 minutes (or microwave for 5 minutes) first to soften the skin.

COOK

Boil: In pieces. 10-20 minutes (until tender).

Microwave: High. Whole pumpkin. In a large bowl with 2T of water. Turn after 5 minutes. 10 minutes.

Roast: 200°C. In pieces. Roll in meat drippings and cook with roast meat OR Toss in 1-2T oil. 30-45 minutes.

Steam: In pieces. 10-15 minutes.

Serve as a side dish.

TASTY IDEAS

- Add to stews, flans and pies.
- Make pumpkin soup or pumpkin pie. Microwave whole pumpkin. Scoop out the flesh and mash for soup or pie.
- Add cold leftover cooked pumpkin to salads.
- Add grated pumpkin to muffins or use instead of corn in corn fritters.

Flavour match: nutmeg