



All Things Pumpkin

with

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&

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Pumpkin Cake with Cream Cheese Buttercream

Cake:

Yields 1 x 7-inch Layered Cake

Ingredients:

340 g Plain Flour

2.5tsp Bi carb

1 tsp Nutmeg

1 tsp Cinnamon

Good pinch of Salt

200g Brown Sugar

200g Caster Sugar

4 eggs

315ml Vegetable Oil

Splash of vanilla extract

300g Pumpkin, grated

150g Pecans or Walnuts or leave out completely!

Method:

Preheat your oven to 160C. Grease and line your cake tin and set to one side.

In a bowl, combine the flour, bi-carb, nutmeg, cinnamon, and salt and whisk together. Set to one side.

In another mixing bowl with a paddle attachment, combine sugars and eggs and beat to mix. Add the oil and vanilla extract and continue mixing until thick and creamy.

Remove the bowl from the mixer and fold through the flour mix followed by the grated pumpkin and (if using) nuts.

Pour into the prepared cake tin and bake, on the middle shelf for 50 min +/- or until such time as a skewer, when inserted, comes out clean!

When cooked, remove from the oven, and allow to cool completely before icing with buttercream.

Classic Cream Cheese Buttercream:

Ingredients:

120g Unsalted Butter

250g Cream Cheese

1 tsp. Vanilla Extract

A good pinch of Salt

500g Icing Sugar Mixture

Method:

In a mixing bowl, combine the butter and cream cheese and beat until thick, creamy, and lump-free.

Add the vanilla extract and salt and beat again to combine.

With the mixer on a low speed, gradually add the icing sugar mixture, beating well after each addition, scraping down the sides of the mixing bowl intermittently.

Pipe or spread onto the completely cooled cake.

Cinnamon and Vanilla Bean Sponge with Spiced Pumpkin “Mousse”

Cake – Yields 1 x 9-inch Cake – Layered

Ingredients:

285g Caster Sugar

8 Eggs

½ tsp Vanilla Bean Paste

265g Plain Flour

20g Cornflour

½ tsp Ground Cinnamon

80g Unsalted Butter, melted and cooled slightly.

Method:

Preheat your oven to 160C. Grease and line a 9-inch cake tin and set aside.

In a mixing bowl, combine the caster, whole eggs and vanilla paste and whisk together until light and fluffy (should increase in volume 3x).

While the caster sugar and eggs are whisking – sift the plain flour and cornflour three times – yes, three times – and set to one side.

Remove the egg mix from the mixer and gently fold through the sifted flour/cornflour (the key is “gently”, you want to keep as much volume as you can in the mix). Fold through cooled melted butter.

Pour the mix into the prepared cake tin and place into the preheated oven. Cook for 35 minutes + or until such time as a skewer, when inserted, comes out clean.

Remove from the oven and cool completely before serving.

Spiced Pumpkin Mousse

Ingredients:

700g Pumpkin Purée *

150ml Cream

250ml Cream

150g icing sugar.

½ tsp Ground Cinnamon

½ tsp Ground Nutmeg

1 tsp Vanilla Extract

4 Leaves Gelatine

Method:

* Pumpkin Purée

Peel and seed pumpkin and cut into rough chunks. Toss in a little oil and place on a lined tray and roast until pumpkin is cooked. Remove from the oven and allow to cool before pureeing until smooth. Place into a large bowl and set to one side.

In a bowl of iced water, submerge the leaf gelatine and allow to sit for several minutes to soften. Remove the leaf gelatine from the bowl and squeeze to remove any excess water. Set to one side.

In a small saucepan, bring the 150ml of cream just to the boil. Remove from the heat and stir through the softened leaf gelatine until completely dissolved. Stir through the pumpkin puree. Add the spices and vanilla extract and stir through to combine.

In a mixing bowl, whisk the remaining cream (250ml) and icing sugar to soft peaks. Remove from the mixer and fold through the pumpkin puree. Refrigerate until required.

To Assemble:

Slice the cooled sponge into three layers. Gently spoon half of the pumpkin mousse onto the bottom layer. Top with sponge followed by remaining pumpkin mousse. Top with sponge and refrigerate to set completely. (I often make the cake back into the cake tin lined with baking paper.)

Allow the cake to set for 2 hours+ before removing from the refrigerator (removing from the cake tin) and decorate with more whipped cream, a sprinkling of cinnamon and toasted pecans.

Raw Pumpkin Salad

Ingredients:

Pumpkin

Nuts / Seeds

Herbs

Base Dressings:

Buttermilk Dressing

Ingredients:

160ml buttermilk

50ml lemon juice

50ml oil

2 heaped Tbsp. parmesan cheese

2 tsp Dijon mustard

Goes with:

Pumpkin, leafy vegetables, potatoes, sweet potato...and the list goes on.

Yoghurt and Tahini Dressing:

Ingredients:

120g thick Greek-style yoghurt

40g hulled tahini

Juice of ½ a lemon

1 Tbsp. oil

½ garlic clove, finely grated

Pinch of ground cumin

Goes with:

Pumpkin, cauliflower, eggplant... and thing slightly Mediterranean

Lemon and Poppy Seed Dressing:

Ingredients:

¼ cup raw sugar

¼ cup honey

½ cup lemon juice

¼ golden shallot, finely diced

1 tsp Dijon mustard

½ tsp salt

2/3 cup vegetable oil

1 Tbsp. poppy seeds

Goes with:

Pumpkin, green leafy vegetables, cabbages.... Something where the sweet and sour taste is going to lift it.

Pumpkin, Polenta, Poppy Seeds and Pepita Loaf

400g pumpkin, peeled, seeds discarded

olive oil

1 small onion, finely diced

1 teaspoon finely chopped rosemary leaves

2 cups self-raising flour

¼ cup polenta

2 tablespoons poppy seeds

1 teaspoon bi-carbonate of soda

¼ teaspoon ground cayenne

good pinch salt

freshly ground black pepper

80g butter, softened

1 egg, lightly beaten

⅔ cup milk

½ cup grated tasty cheddar cheese

½ cup finely grated parmesan

¼ cup pepitas

1. Pre-heat oven to 200°C. Line a baking tray with baking paper. Line a 24cm X 14cm loaf tin with baking paper.
2. Cut the pumpkin into pieces and drizzle with a light coating of olive oil. Roast in the oven until tender, then remove and cool. Reduce oven temperature to 160°C. Place the pumpkin into a bowl and mash roughly. Stir in the onion and rosemary.
3. Sift into a large mixing bowl the flour, polenta, poppy seeds, bi-carbonate of soda and seasoning. Rub in to butter until well mixed.
4. Add the pumpkin mixture, egg, milk, cheddar and half the parmesan to the flour mixture and stir to combine. Spoon the mixture into the prepared tin, finishing with an even surface. Sprinkle over the remaining parmesan and pepitas.

5. Bake the loaf in the oven for about 50-60 minutes or until it is well browned and cooked through when tested with a skewer. Remove the loaf from the oven and rest in the tin for 20 minutes before unmoulding onto a wire rack to cool completely. Cut the loaf into slices to serve.

Pumpkin and Coconut Curry

- 1 tablespoon oil
- 1 onion, finely chopped
- 3 cloves garlic, crushed
- 1 teaspoon black mustard seeds
- 1 kg pumpkin, peeled and cubed
- 2 fresh chillies, finely chopped
- 8 curry leaves
- 1 teaspoon turmeric
- 1 teaspoon salt or to taste
- 440g tin coconut milk or $\frac{1}{2}$ + $\frac{1}{2}$ coconut milk and stock

1. Heat oil in saucepan and cook onion slowly until it is golden but not burnt. Add garlic and stir for 1 minute then add the mustard seeds and stir until they pop.
2. Add remaining ingredients and bring to the boil. Reduce heat to a simmer and cook, uncovered, until the pumpkin is tender, stirring occasionally. Serve in bowls over steamed rice.

Note:

- Other vegetables: beans, potato, sweet potato, broccoli, eggplant, cauliflower.
- 500g peeled and de-veined prawns can be added when the pumpkin is tender and cooked until they change colour to pink.

Flatbread

200g self-raising flour

200g yoghurt

½ - 1 teaspoon ras el hanout

½ teaspoon salt

1. Place all ingredients in a mixing bowl and stir until the mixture forms a ball. I find this is best done with your hand. Cut the ball into 6 equal portions and set aside.
2. Sprinkle the bench with a little flour and take a portion of dough and knead it into a ball. Place on the floured bench and roll out to a rough oval about 18cm in length.
3. Heat a frypan on moderate heat and brush the pan with a little oil. Place the flatbread in the pan and cook until it is well browned then turn over and repeat on the other side. Remove the flatbread to a plate and cook the remaining dough.

Chermoula and Chick Pea Dip

1 cup coriander leaves

1 cup flat leaf (Italian) parsley leaves

2 cloves garlic, chopped

1 teaspoon ground cumin

1 teaspoon ground coriander

1 teaspoon ground sweet paprika

½ teaspoon ground chilli or to taste

juice of 2 lemons, finely grated zest of 1 lemon

big pinch salt

2 tablespoons olive oil

400g tin chick peas, drained

1. Place all ingredients in a food processor except the chick peas and process until a smooth paste. Taste and adjust flavour with lemon juice and/or salt if necessary. Scrape the chermoula into a small bowl.
2. Place the chick peas in the food processor and process until they have become almost smooth. Add all or some of the chermoula and process again until smooth. The amount is up to you – a little will give you a stiff spreadable mixture; all of the chermoula mixed in will give you a dip – it's your choice!