

Pumpkin Tart



Secretts

LOVE FOOD AS MUCH AS WE DO

ESTD SINCE 1908

Pumpkin Tart

A delicious take on an American Classic

This spiced pumpkin tart makes a delicious autumn dessert and here it's served with a dollop of raw Meadow Cottage Farm cream which is unbelievably delicious. You will find this and a selection of other creams in our chiller opposite the cheese counter. Roasting the pumpkin gives a lovely caramel flavour note to the finished tart but using canned pumpkin works too if you fancy making this out of season.



Ingredients (Serves 8)

550g of pumpkin, peeled and cut into small chunks
25g melted butter
1 tbsp light muscovado sugar
500g pack of short crust pastry
175g light muscovado sugar
2 eggs
150ml double cream
1 tsp ground cinnamon
1 tsp ground ginger
1 large pinch of grated nutmeg
25g pecan nuts

Method

Preheat the oven to 180°C/fan 160°C/Gas. Mark 4 and grease a 25cm diameter flan tin.

Place the pumpkin in a mixing bowl with the butter and sugar. Stir with a metal spoon to evenly coat the pumpkin. Tip the pumpkin into a roasting tin and bake until tender (approx 30 minutes) remove from the oven and cool. While the pumpkin is cooking, roll out the pastry on a floured surface and line the tin, surplus pastry can be left and trimmed later. Chill for 30 minutes. Place some baking parchment in the pastry case, fill with baking beans and bake blind for 10 minutes. Remove the paper and beans, trim off any excess pastry and cook for a further 5 minutes. Whilst the pastry is cooking prepare the filling by placing the cooled roasted pumpkin, sugar, cream, eggs and spices into the bowl of a food processor. Process until the mixture is smooth. Pour the filling into the prepared pastry case and place pecan nuts around diameter of the tart face side down. Bake the tart for 35-40 minutes or until the filling is firm to the touch. Remove from the oven and serve warm or cold with a drizzle of cream.

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Spicy Pumpkin Cake



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Spicy Pumpkin Cake

A Secretts Pumpkin Week Favourite

You cannot beat a slice of this delicious cake and we make trays of this for our annual event. It's easy to make and keeps really well too. Perfect for using up all the pumpkin flesh left over after pumpkin carving. You can use canned pumpkin here too. This recipe was given to us by Nicola Secrett who is our farm sales manager.



Ingredients (Makes 8-12 squares)

- 250mls vegetable oil
- 3 eggs, beaten
- 400g cooked pumpkin puree, fresh or canned
- 1 tsp vanilla extract
- 425g caster sugar
- 300g plain flour
- 1 tsp bicarbonate of soda
- 1 tsp ground nutmeg
- 1 tsp ground cinnamon
- 1 tsp ground allspice
- 1 tsp ground cloves
- Pinch of salt
- 60g chopped nuts (optional)
- Icing sugar to serve.

Method

Preheat the oven to 180°C/fan 160°C/Gas Mark 4 - and grease or line a 25cm square tin

Cream together the oil, eggs, pumpkin puree and vanilla extract. Mix the flour, sugar, bicarbonate of soda and spices together and sieve into a mixing bowl. Combine the wet and dry ingredients and fold in the nuts (reserving a few for the topping). Pour the cake mixture into the prepared cake tin and sprinkle the reserved nuts on top and bake on the centre shelf of the oven for 1 hour. Test the middle of the cake with a skewer and if it's clean on removal the cake is cooked, if not return and bake until cooked through. Allow the cake to cool in the tin then turn out and sprinkle with icing sugar (optional) and serve. This cake will keep for 3-4 days in an airtight container



Spiced Pumpkin Soup



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Spiced Pumpkin Soup

A Secretts Pumpkin Week Favourite

This is one of the recipes we serve at our Pumpkin Week every year and it is really popular. A hot filling cup of soup after picking pumpkins is always a welcome treat. If you don't have time to roast the pumpkin first just add it to the pan after you have softened the onions.



Ingredients (serves 6)

- 1.5kg pumpkin or butternut squash (peeled and roughly chopped)
- 2 tbsps of sunflower or coconut oil
- Salt and freshly ground black pepper
- 1 large onion, peeled and roughly diced
- 1 tbsp grated fresh or lazy ginger
- 1 lemon grass stalk, bent in a couple of places to release flavour
- 3 tbsps red Thai curry paste
- 400ml can coconut milk
- 800ml vegetable stock
- Juice of 1 lime
- Coconut sugar to taste (optional or use brown sugar)
- To garnish; fresh red chilli and a sprinkle of chopped coriander leaves

Method

Toss the pumpkin in half the oil and season well. Transfer to a large roasting tin and place in a hot oven for 40 minutes until golden and tender. While the pumpkin is cooking heat the remaining oil and gently sauté the onion, ginger and lemon grass for 8-10 minutes until softened. Stir in the curry paste and stir-fry for a further minute or so. Add the roasted pumpkin to the pan then stir in the coconut milk and vegetable stock. Bring to the boil then reduce and simmer gently for 10 minutes (if you used raw pumpkin cook for 20 minutes). Remove the lemon grass and discard. Allow the soup to cool slightly and then blend (a stick blender, liquidiser or food processor will work here) until smooth. Return the soup to the pan and heat through. Season with lime juice and a little sugar to taste. Serve garnished with chopped chilli, coconut chips and coriander.



Secretts Pumpkin Curry



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Secretts Pumpkin Curry

SECRETTS HOME GROWN PUMPKIN COOKED WITH SPICES AND COCONUT MILK

This Nigel Slater recipe was found by Charles Secrett when it was published in 2005. Charles loved the recipe so he kept it and when we started to do food for pumpkin week it was one of the first menu items to appear. We have tweaked the original recipe a little but it's only fair to credit the original food writer here.

Ingredients (serves 6)

- 2 medium onions, peeled and finely chopped
- 3 tbsp sunflower oil
- a large lump of ginger, about 60g, peeled and grated
- 3 small very hot chillies, deseeded and finely chopped
- 3 stalks of lemongrass, outer layer discarded and very finely chopped
- 2 tsp ground turmeric
- 1 tsp ground cumin
- 1 tsp ground coriander
- 800g tomatoes, finely chopped
- 400ml vegetable stock
- 1.5kg pumpkin or butternut squash
- 250ml coconut milk
- Juice of 1 lime
- A handful of fresh coriander leaves roughly chopped to garnish

Method

Cook the onions slowly with the oil in a deep, heavy-based saucepan. They should be soft, but relatively uncoloured. While they soften prepare the fresh spices. Add the ginger, chillies and lemongrass to the onions and continue cooking for five minutes. Stir in the turmeric, cumin and coriander. Chop the tomatoes roughly and stir into the onions. Let them soften for five to seven minutes or so, stirring the mixture so it doesn't burn, then pour in the stock. Bring to the boil then turn down to a gentle simmer. Peel the pumpkin or squash, scrape out the seeds and fibres, cut the flesh into large chunks (4 or 5cm in size if they are not to break up) and season with salt and pepper. Lower the squash into the pot and simmer for 20-25 minutes, checking now and again for tenderness. If you over cook this the pumpkin will break up a bit but we think that adds to the charm of this dish. We serve this in cups during Pumpkin Week with a spoon but for a more substantial meal serve with steamed rice and some fresh coriander.



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