



# How to eat your pumpkin

The 'let's squash food waste'  
recipe book



**#EatYourPumpkin**



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# Welcome

We're a charity that creates environmental campaigns that are positive, playful and inspire people to make healthier, greener lifestyle choices, which more often than not help save money and bring people together.

We concentrate on things people are passionate about and are relevant day-to-day, like fashion, food, homes and neighbourhoods. We keep things simple, offering practical and realistic solutions that help people to cut waste, make clothes last longer, save money and create cleaner spaces to live and work in.

**Why pumpkins?** 18,000 tonnes of pumpkin are throw away at Halloween in the UK each year. That's the same weight as 1,500 double decker buses. Over half the British population also told us they'd like more pumpkin recipes. So we asked some of the UK's top chefs to share their favourite recipes.

It's time to celebrate the humble pumpkin. Tuck in!



***“Who knew you could do  
so much with a pumpkin?  
I definitely won’t be  
wasting any pumpkins  
this Halloween!”***

***Pumpkin Rescuer, Enfield***

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# Rubies' pumpkin chutney

## Ingredients

- 750g 1cm diced pumpkin
- 500g sugar
- 400ml cider vinegar
- 1 large onion, chopped
- 2 tsp dried chilli flakes
- 1 tsp paprika
- 80g fresh ginger
- 1 tsp cinnamon powder
- 150g sultanas
- 400g apple, peeled and 1cm diced
- 1 tbsp oil
- handful of pumpkin seeds (optional)

## Method

1. Put the oil in a pan with the chilli flakes, cinnamon, fresh ginger (and pumpkin seeds if adding). Heat through being careful the spices don't burn.
2. Add the chopped onion and cook through for 5 mins, then add the vinegar, sultanas and sugar. Stir until boiling and the sugar dissolves. Add the pumpkin and apple and cook until the chutney is thick and the pumpkin is cooked through (this could take 2 hours).
3. Taste and vary spices according to your liking, then jar in to dry, clean jars and start decorating your label! Happy Pumpkin preserving!

*Recipe provided by Rubies in the Rubble*  
[www.rubiesintherubble.com](http://www.rubiesintherubble.com)



# Roasted pumpkin seeds

Pumpkin seeds are not only tasty with soups and salads and a convenient snack they're also a superfood; very rich in zinc. They contain plant compounds known as phytosterols, and free-radical scavenging antioxidants, which can give your health an added boost.

## Method

1. To prepare the pumpkin seeds for roasting you have to remove all pumpkin flesh. We would recommend putting all pumpkin seeds into a sieve, running them under water and separating the seeds from the stringy stuff which then goes into the compost while the remaining seeds.
2. When the pumpkin seeds are clean, they can then be simmered. Follow the ratio of 2 cups of water and one tablespoon of salt per  $\frac{1}{2}$  cup of pumpkin seeds and then place the seeds and the salt water in a saucepan over a medium heat.
3. Simmer the pumpkin seeds in the water for 10 minutes, then drain off the water.
4. Preheat the oven to 200°C and prepare a baking tray with a baking sheet brushed with olive oil.
5. Spread the seeds out evenly in a single layer on the tray and bake at the top of the oven until the seeds begin to brown (5-20min) - the time will depend on the oven and the size of the seeds so keep an eye on the oven to avoid them burning.
6. When ready let them cool on a rack before serving or storing so they retain their crunch. Remove shells before eating.



# Pumpkin pie smoothie

Looking for something to kick start your mornings? This delicious spiced pumpkin smoothie is sure to get you off to a flying start!

## Ingredients

### For the smoothie

- 2 frozen bananas
- 3 dates
- 2 cups of almond (or other anynon-dairy) milk
- 1 tablespoon of pumpkin pie spice mix
- seeds from  $\frac{1}{2}$  a vanilla bean, or 1 teaspoon of vanilla extract

### For the pumpkin pie spice mix

- 4 teaspoons of cinnamon
- 2 teaspoons of ground ginger
- 1 teaspoon of grated nutmeg
- 1 teaspoon of allspice
- $\frac{1}{2}$  a teaspoon of ground cloves

## Method

1. Chop the pumpkin flesh into small piece.
2. Whizz the pumpkin flesh with a little water in a blender until it is smooth.
3. Make the pumpkin spice mix in a jar and shake the jar to mix.

*With thanks to Made in Hackney for providing the recipe.*

# Pumpkin mulled wine

This recipe, something of a grown-up pumpkin spiced latte, can be made with a lesser quantity of pumpkin flesh, it's a perfect outlet for the insides of your carving pumpkin. The stringy bits around the seeds are ideal here.

## Ingredients

- 1 small pumpkin (about 300g) peeled, seeded and cut into 1" cubes – keep the stringy bits around the seeds as these impart flavour
- 1 tsp. whole cloves
- 1 cinnamon stick
- 1 whole nutmeg, crushed
- 5 cardamom pods
- 300ml water
- sugar, to taste
- 1 bottle (750ml) of a fruity, full-bodied red wine, like merlot

## Method

1. Combine pumpkin, cloves, cinnamon, nutmeg, cardamom, and 300ml water in a saucepan over medium heat.
2. Cook, stirring occasionally, until pumpkin is tender and translucent, about 40–45 minutes.
3. Cool to room temperature, add wine, and refrigerate for at least 5 hours or overnight.
4. Gently mash pumpkin, stirring to combine, and strain twice through a fine-mesh sieve.
5. Rewarm over low heat until just heated through.



# Carina's pumpkin and pear soup with onion scones

## Ingredients

Serves 4-5

- 50g unsalted butter
- 2 tbsp extra virgin olive oil
- 400g onions, coarsely chopped
- 1kg pumpkin flesh, cut into pieces
- Salt & black pepper
- 1.2 litres vegetable stock, hot
- 50g pumpkin seeds
- 2 firm pears
- 100g mature Cheddar grated, to serve

## Method

1. Heat the butter and olive oil in a large pan over a medium heat then add the onions and fry gently until translucent. This will take about 10 minutes. Add the pumpkin, stir well, then season with salt and add the hot stock. Reduce the heat and simmer for 30 minutes until the pumpkin is tender.
2. Meanwhile, put the pumpkin seeds on a baking tray in an oven at 180°C/350°F/Gas 4. Turn the seeds occasionally, until toasted. Set aside. Peel the pears and chop coarsely, then add to the soup and heat through. If the pears are ripe, they won't need to be cooked but if they are hard, simmer for 5 minutes to soften them. Transfer the soup to a blender or use a hand-held stick blender to blend until smooth, then add salt and pepper to taste. Serve sprinkled with plenty of cheese and the toasted pumpkin seeds to add a little crunch.

*Recipe provided by Carina Contini, Sustainable Restaurant Association member. [www.thesra.org](http://www.thesra.org)*





# Leon's pumpkin, leeks and sage

## Ingredients

Serves 4

- 500g pumpkin flesh, peeled
- 2 tbsp olive oil
- Salt and black pepper
- 1 red onion, sliced
- 5 fresh sage leaves, shredded
- 4 leeks, sliced across finely
- 1 tbsp balsamic vinegar
- Slivers of vegetarian Parmesan-style cheese, to serve (optional)

## Method

1. Preheat the grill or a griddle pan. Slice the pumpkin finely, then put into a bowl and toss with half the olive oil. Season well, then grill for a few mins on each side.
2. While the pumpkin is grilling, heat the rest of the oil in a large pan. Cook the onion with the sage leaves for 5 mins over a medium heat. Season, then add the leeks and cook for a further 5 mins, stirring well. Stir in the balsamic vinegar and remove from the heat.
3. Arrange the pumpkin slices in a large serving dish and top with the onion and leeks. You can also add some Parmesan slivers, if you like.

*Recipe provided by Leon [www.leonrestaurants.co.uk](http://www.leonrestaurants.co.uk)*





# Pakistani pumpkin and green pea curry

## Ingredients

- 1kg pumpkin chopped in small cubes
- 1 medium chopped onion
- Extra virgin oil
- 200g green peas
- 1 tbs ginger,ground
- 1tbs garlic, ground
- 1 fresh red chilli pepper (a longone), chopped
- 1/2 tsp red chilli powder (optional)
- Salt and pepper
- 1 tbs cumin seeds
- Fresh green coriander for garnish, chopped
- Single cream (optional)

## Method

1. Add oil to a pan on medium heat. Add cumin seeds and fry for 40 seconds, then add chopped onions, fresh red chilli pepper, garlic, ginger, salt, pepper, red chilli powder (optional), and cook it for 4 minutes.
2. Then add the pumpkin and little bit of water (or single cream if you prefer). Stir, cover, and leave for 5 minutes. Keep stirring from time to time until the pumpkin is nice and tender.
3. Add the green peas and cook for 8 to 10 minutes. Garnish with fresh green coriander and serve with naan bread or rice.

*Recipe provided by the Rose Hill. Asian Women's Group, Oxford*

A close-up photograph of a dark-colored pan filled with wide, flat, yellow pasta ribbons. A whole orange pumpkin is partially visible on the right side of the frame. The title 'Pumpkin pasta sauce' is overlaid in a large, white, distressed font.

# Pumpkin pasta sauce

Celebrate the autumn in culinary style with this easy and delicious vegan pasta sauce recipe! Pumpkin and squash are a great way keep dinners healthy and to make a thick sauce without having to use cheese or cream.

## Ingredients

- 1 kilo of pumpkin flesh
- 4 tomatoes
- 200g of spinach
- 3 cloves of garlic
- 3 sprigs of rosemary
- 500ml water
- 1 vegetable stock cube
- 1 tablespoon of vegetable bouillon
- 1 red chilli

## Method

1. Chop the pumpkin flesh into 1 cm pieces.
2. Chop the garlic finely.
3. Place all the ingredients apart from the spinach into a heavy bottomed large frying pan.
4. Place the lid on and leave for 30 minutes on a low heat.
5. When the pumpkin is soft, stir the mix, and turn off the heat and cover.
6. Chop the spinach and add to the sauce to wilt.
7. Add to your pasta or gnocchi garnished with crispy sage or rosemary.

*With thanks to Made in Hackney for providing the recipe*



# Ainsley's spiced pumpkin cake

## Ingredients

Serves 8

- 250g plain flour
- 1 tsp bicarb of soda
- 1 tsp cinnamon
- ¼ tsp ground cloves
- 1 ½ tsp ground ginger
- ½ tsp allspice
- Pinch of salt
- 150g soft brown sugar
- 60g softened butter
- 1 large egg
- 150g molasses or black treacle
- 120ml boiling water
- 200g pumpkin

## Method

1. For pumpkin puree, cut pumpkin into quarters, then peel and cut into chunks. Place in a large saucepan, cover with water, bring to the boil and cook for 20 minutes or until tender. Drain, cool, then puree in a food processor or mash with a potato masher.
2. Preheat oven to 180°C/350°F/Gas 4. Grease and line a 20cm/8inch deep cake tin. Sift flour, bicarb, ginger, spices and salt into a large bowl. Stir the molasses / treacle into the boiling water until well combined, then stir in 200g of pumpkin puree.
3. Beat together the butter and sugar until pale, add the egg and continue to beat until light and fluffy. Gradually mix in the pumpkin and egg mixture into the dry ingredients until well combined. Do not over mix.
4. Pour into the cake tin and bake in the middle of the oven for 45-50 mins or until an inserted skewer comes out clean. Cool on a wire rack and serve with custard or coconut custard.

Recipe provided by Ainsley Harriott [www.ainsley-harriott.com](http://www.ainsley-harriott.com)

# Gluten-free pumpkin and raspberry brownies

## Ingredients

Makes 10-12

- 400g pumpkin/squash (peeled weight)
- 200g dark chocolate (at least 70% cocoa solids)
- 200g salted butter
- 4 eggs
- 250g caster sugar
- 75g cocoa
- 100g ground almonds
- 2 tsp gluten free baking powder
- Small pack of white chocolate buttons
- 200g raspberries (bananas and pitted cherries work well as alternatives)

## Method

1. Line a 20x30cm roasting tray with baking parchment. Peel the pumpkin and remove the seeds. Roughly cube the flesh, put in a roasting tin with a couple of tablespoons of water, cover with foil and cook at 150°C for 30 minutes, or until soft.
2. Melt chocolate and butter in a glass or metal bowl set over a pan of simmering water (make sure the water doesn't come into contact with the bottom of the bowl).
3. Blitz pumpkin in a food processor (if you don't have one mash with a potato masher), add the eggs and sugar and mix well.
4. Put the cocoa, almonds and baking powder in a separate bowl.
5. Mix pumpkin with cocoa mix, add melted chocolate and butter.
6. Put in the tray and top with the buttons and fruit. Cook in the oven at 170°C for 30 minutes, or until firm. Because these brownies are gluten free they do need to be cooked reasonably thoroughly, otherwise they can fall apart.

*Copyright Chloe Horner, What Chloe Cooked Next*



# Tom's pumpkin, ricotta and ginger tarts

## Ingredients

- 200g of rough dice pumpkin
- 25g of shallots
- Knob of butter
- 150ml of double cream
- 10g of ginger, grated
- Salt and pepper
- 125g plain flour
- 55g butter, cubed
- 2-3 tbsp cold water
- 100g of 2cm dice pumpkin
- 15mls of olive oil
- 2 sprigs of picked thyme
- 100g ricotta cheese
- 50g crème fraîche
- 50ml whole milk
- 50ml double cream
- 2 eggs

## Method

1. To make the puree peel and de-seed the pumpkin and cut into a rough dice. Sweat off the shallots in the butter, then add the squash and ginger and gently cook for approximately 5 minutes in an oiled pan. Add 150ml cream and cook until the pumpkin is tender, then strain off the cream and blend the squash to a puree. Add back some of the strained cream if needed to give it a smooth consistency.
2. To make the pastry, put the flour and salt in a large bowl and add the cubes of butter. Rub the butter into the flour until you have a mixture that resembles breadcrumbs. Stir in just enough cold water to bind the dough. Wrap the dough in clingfilm and chill for 10-15 mins.
3. Pumpkin and ricotta: peel and dice the pumpkin, place in a large bowl, dress with olive oil, thyme and seasoning, place on a large tray and cover with foil. Cook at 160°C until tender. Crumble the ricotta and leave to one side until ready to assemble.

*Instructions continue on the next page*





# Tom's pumpkin, ricotta and ginger tarts

## Method

4. Main filling: whisk the crème fraiche, whole milk, double cream and 2 eggs together in a large bowl.
5. To assemble: line 4 individual tart tins with the pastry, then pour 1tbsp of puree in each tin and spread it around the pastry bottom using the back of a spoon. Sprinkle the pumpkin and ricotta over the top of the puree, then pour in the filling. Add the final small spoonful's of the pumpkin puree on top and garnish with the thyme. Bake the tarts in the oven at 160°C for 15 minutes.

*Recipe provided by Tom's Kitchen [www.tomskitchen.co.uk](http://www.tomskitchen.co.uk)*





# India's pumpkin, stilton and black pudding pie

## Ingredients

### For the filling

- 30g black pudding
- 75g of Stilton
- ¼ large pumpkin
- 500g squash (e.g. onion squash)
- 300g cream
- 3 Eggs
- 1 bulb Garlic

- 1 red onion
- 1 tsp chilli flakes
- Olive oil
- Seasoning
- 1 Bay Leaf
- 1 Garlic Clove
- 6 leaves of Sage
- Spring of rosemary

### For pastry

- 300g flour
- 250g Butter (softened)
- 2 Eggs
- Milk
- 50g black pudding
- Pinch of sea salt

## Method

1. Preheat the oven at 200C/400F/Gas 6. Peel, deseed and dice into one inch cubes the Pumpkin and Squash, discarding the bruised areas for composting. Chop off the top of the garlic exposing the tips of all the cloves, and slice the onion about 1 cm thick from the root. Retain half of the pumpkin. In large oven tray combine the pumpkin, squash, sliced onion, garlic bulb, drizzle with oil, and sprinkle on chilli flakes, salt and pepper and cook until soft and caramelized, roughly 50 mins.
2. Drop Oven to 180C/350F/Gas 5. Combine the butter and flour until evenly distributed, a sandy-like texture. Combine with egg, mixing until it comes together into a dough adding a little milk if too dry. Finely dice the black pudding and knead into the dough gently to retain the flecks of the pudding. Wrap in cling film and chill for 20 mins. Roll out into a 12inch tart case, leaving the edge rough for a rustic looks. Blind bake for 10 minutes.

*Instructions continue on the next page*



# India's pumpkin, stilton and black pudding pie

## Method

3. Bring out of the oven and cover in egg wash using 1 whisked egg, and return to the oven for a further 5 mins or until the pastry is golden. (To ensure your pastry doesn't rise cover in parchment and fill with rice for the first 10 mins of blind baking).
4. To make the pumpkin mix using the retained pumpkin, place it in a sauce pan with a garlic clove, sprig of rosemary, bay leaf, salt, pepper and cream to cover. Simmer until soft, then add 25g of Stilton, blend until smooth and cool. Then combine with 3 whisked eggs and set aside.
5. Drop the oven to 150C/300F/Gas 4. Take the garlic from the roasting tin and separate the cooked garlic from the skin, chop roughly and combine with the pumpkin mix, adjusting the seasoning if needed. Pour the pumpkin mix into the tart case, and fill with the roast chopped pumpkin and squash, onion. Crumble over black pudding, stilton, the sage leaves and a bit of rosemary, drizzle in oil and put in oven until set, roughly 30 mins.
6. Let it cool for a few minutes, slice and serve with greens.

*Recipe provided by India Hamilton from notWasted*  
[India@not-wasted.co.uk](mailto:India@not-wasted.co.uk)



# Lovely pumpkin and raisin loaf

## Ingredients

Makes 12 generous slices

- 200g light muscovado sugar
- 4 large eggs, separated
- 200g finely grated raw pumpkin or squash flesh
- Finely grated zest and juice of 1 lemon
- 100g raisins
- 100g ground almonds
- 200g self-raising flour
- Pinch of salt
- 1 tsp ground cinnamon
- Generous grating of nutmeg

## Method

1. Preheat the oven to 170C/gas 3 and line a loaf tin, measuring roughly 10 x 20cm
2. Use an electric whisk to beat the sugar and egg yolks together for 2-3 minutes until pale and creamy. Lightly stir in the grated pumpkin, lemon zest and juice, raisins and almonds.
3. Combine the flour, salt and spices, and sift these in. Don't stir, but fold the batter gently together. This is important to keep air in the cake.
4. Beat the egg whites until they can hold soft mountain peaks. Beat a heaped tablespoonful of egg white into the cake batter to loosen it a little, then fold in the rest as lightly as you can.
5. Tip into the prepared tin and level the top. Bake for about 1 hour or until a fork or knife inserted into the centre comes out clean.
6. Leave to cool for 10 minutes in the tin then transfer to a wire rack to cool completely before slicing.

*This recipe was kindly donated to the campaign by  
Hugh Fearnley-Whittingstall*



# Warming lentil and pumpkin curry

## Ingredients

- 1 tablespoon coconut oil
- 2 tins of coconut milk
- 3 medium onions
- 3 garlic cloves
- 120 g of ginger
- 1 kg of pumpkin flesh
- 700 ml vegetable stock
- 300 g red lentils
- 400 g of greens (kale, spring greens or spinach)
- 5 or 6 whole cherry tomatoes
- Juice of a lime
- 100 g of coriander
- Sea salt and black pepper
- 2 tablespoons cumin seeds
- 2 teaspoons ground turmeric
- 2 tablespoons fennel seeds
- 2 tablespoons coriander seeds
- 1 teaspoon cinnamon
- ½ teaspoon chilli flakes
- ¼ teaspoon ground cloves

**For the spice mix**  
*(you can also buy the spices already ground)*

- 6 cardamom pods
- 1 teaspoon mustard seeds

## Method

1. Chop the garlic finely into tiny pieces. Peel and grate the ginger.
2. Peel and chop the squash into bite size pieces.
3. Make the spice mix by grounding the spices in a pestle and mortar.
4. Chop the onions finely into tiny pieces.
5. Add the coconut oil to the spice mix and wait for it to melt.
6. Add the onions, garlic and ginger and fry for a few minutes, until golden.

*Instructions continue on the next page*



# Warming lentil and pumpkin curry

## Method

7. Add the coconut milk, squash and vegetable stock.
8. After 10 minutes add the lentils.
9. Add more stock if it looks dry.
10. Add the whole tomatoes.
11. In the last few minutes, peel the leafy veg (that's your greens (kale, spring greens or spinach) and add to the pot.
12. Season with salt and pepper - don't forget to taste!
13. Sprinkle bit of chopped coriander on top, add a lime and serve!





# Simple pumpkin pie

## Ingredients

### For the filling

- 200g light brown sugar
- 0.5 tsp salt
- 1.5 tsp ground cinnamon
- 0.125 tsp ground allspice

- 0.5 tsp ground ginger
- 2 large eggs
- 450g cooked pumpkin, mashed
- 375ml milk

### For pastry

- 175g plain flour, sieved
- 85g butter
- 25g (1oz) caster sugar
- 1 egg yolk
- 1 tablespoon water

## Method

1. Rub the Flora into the flour until mixture resembles fine breadcrumbs. Stir in the sugar, then add egg yolk and water and mix to a firm dough.
2. Knead lightly and roll out to line a 22cm flan case. Bake "blind" in preheated oven 200° C, 180° C fan, Gas mark 6 for 10 minutes.
3. While the pastry case is baking you can prepare the filling. Combine sugar, salt and spices in small bowl; set aside.
4. Using an electric mixer, beat the eggs with the pumpkin. Add the sugar mixture and beat again until combined.
5. Mix in the milk.
6. Pour the filling into the pie crust and put back into the oven. After 15 minutes turn the temperature down to 180° C, 160° C fan, Gas mark 4 and bake for a further 45 minutes or until the filling is set and you can insert a knife into the centre and it comes out clean.
7. Remove from the oven and leave to cool on a wire rack.





# Perfect pumpkin soup

## Ingredients

Serves 4

- |   |   |  |
|---|---|--|
| <ul style="list-style-type: none"><li>▪ 250g butter</li><li>▪ 1 small onion, diced finely</li><li>▪ 800g pumpkin, peeled and cut into chunks</li><li>▪ 1-2 tsp runny honey</li><li>▪ 15g grated root ginger</li></ul> | <ul style="list-style-type: none"><li>▪ 1 vegetable stock cube or 1l of home made veg stock</li><li>▪ 100ml single cream</li><li>▪ Black pepper, to taste</li><li>▪ 2 tbsp freshly chopped coriander (optional)</li></ul> | <b>Toppings</b> <ul style="list-style-type: none"><li>▪ Pumpkin seeds saved from pumpkin</li><li>▪ Drizzle of cream</li><li>▪ Salt + pepper to taste</li></ul> |
|---|---|--|

## Method

1. Preheat the oven to 200°C. Lay foil on an oven safe dish and spread the pumpkin seeds, add a splash of olive oil, salt, and pepper to taste. Put in oven to toast for 40 minutes.
2. Melt the butter in a large saucepan. Add the onions and pumpkin and cook on medium heat for 3-4 minutes until the vegetables soften but do not brown.
3. Add the honey, ginger, and vegetable stock and bring to the boil. Simmer for 15-20 minutes until the pumpkin is soft.
4. Stir in most of the single cream and place in a food processor. Blend until smooth. Season to taste with black pepper.
5. Serve garnished with a swirl of the remaining single cream, a sprinkle of coriander if desired, and the toasted pumpkin seeds.

