

**Rescue a pumpkin**  
turn it into this autumnal treat.  
A sweet treat made from the  
inside of your spooky pumpkin!



# Pumpkin Tart

By Kevin Woodford

## Ingredients:

- 275g plain flour
- A pinch of salt
- 125g unsalted butter, chilled and cut into small cubes
- About 10 tablespoons of cold water
- 1 whole pumpkin
- 2 eggs
- 100g caster sugar
- 2 teaspoons ground cinnamon
- Pinch of nutmeg
- 25g sunflower seeds

## Method:

First make the pastry. Sift the flour and salt into a bowl. Add the butter and gently rub into the flour until it looks like fine breadcrumbs. Add enough water to make dough and form into a smooth ball. Cover with cling film and refrigerate for an hour.

When the pastry has relaxed, roll it out on a lightly floured board to 3/4 mm thick and line a 20cm loose bottomed fluted flan ring.

Cover the pastry with baking paper and fill with baking beans. Cook blind on a baking sheet in the oven set at gas mark 4/180C/350F for about 12 minutes, then carefully remove the beans and the paper and return the case to the oven and cook for a further 5 minutes.

Meanwhile, prepare the filling using the flesh scooped out from the pumpkin. Steam the flesh for 15-20 minutes, drain and then mash. Leave to cool and then beat the eggs together with the sugar and stir into the pumpkin mixture. Add the cinnamon and nutmeg.

Pour the filling into the pastry case, sprinkle the seeds on top and bake in the oven set at gas 5/190C/375F for about 45 minutes until the filling has set.



Every year in the UK we throw away £12.5 billion worth of good food, costing the average family £60 a month. The good news is that there are some quick and easy things we can all do to reduce the amount of food we throw away.

# Halloween and Bonfire night top tips



Making lanterns this year? Why not make our pumpkin and coriander soup or a pumpkin tart with the leftover flesh. Or, freeze it for use at a later date. Don't forget to compost the shell.

A fun way to use up apples in danger of not being eaten is to make toffee apples, the kids will love them. Dip into two melted tablespoons of sugar.

Preparing trays of warming autumn lasagne or shepherd's pie, and batches of bolognese or spicy chilli, is a great way to feed a crowd with something hearty. Any leftovers can be put into airtight boxes or freezer bags and frozen to make a welcome homemade "ready meal" for use at later date.

If cooking rice for chilli one full mug is enough uncooked rice to feed four people.

Not sure how much pasta to boil? Use a spaghetti measure or use scales to weigh out the packet's guideline portion size. A good guide is two handfuls of dried pasta per adult.

Wrap jacket potatoes in foil and cook in the fire on bonfire night. If you've got any leftover spuds why not make quick fried potatoes for breakfast by dicing them and sautéing in a bit of olive oil or butter.

Turn any overripe autumn fruit into sumptuous warming fruit crumbles.

**For hints and more recipes go to:**  
[www.lovefoodhatewaste.com](http://www.lovefoodhatewaste.com)

