



Boo! It's your JACK 'O PACK!



Welcome to your Foodini Club pumpkin pack;
a bumper edition of recipes all based around
cooking with the glorious pumpkin!

Around 18,000 tonnes of pumpkin gets
wasted in the UK every year, so instead of
chucking yours join us on a mission to cook
and eat your way to pumpkin joy!

Remember: A pumpkin isn't just for Halloween
& smaller is better to cook/eat...

 A Foodini Club Seasonal Special 



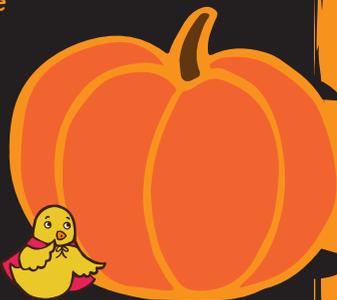
The Foodini guide to
**PUMPKINS &
SQUASHES**



How to... Pick a pumpkin!

All pumpkin is edible but there is one golden rule when it comes to edible pumpkin: bigger isn't always better! You can use bigger pumpkins for things like soup but as they contain more water they will be harder to use in baking and not have as much flavour as smaller (and heavier!) ones.

Look out for pumpkins at the supermarkets labelled as edible pumpkins. They will likely be small and will make the best puree and roasted pumpkin. However it's also worth looking out for other types of squashes for your cooking...

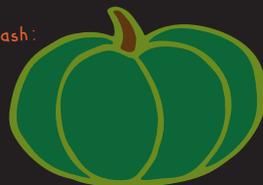


Crown prince:
Orange/yellow firm flesh
Nutty, sweet flavour
Great for cakes & curries

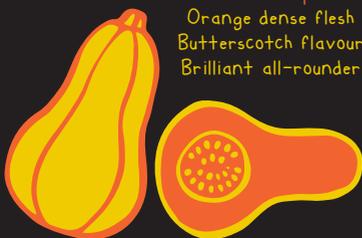


Acorn squash:
Yellowy orange firm flesh
Edible skin
Nutty sweet flavour
Eat roasted for best taste

Kabocha (Japanese) squash:
Orange fluffy flesh
Often green skin
Sweet tangy flavour
Makes ace fritters
(like our Korokkins!)



Butternut squash:
Orange dense flesh
Butterscotch flavour
Brilliant all-rounder



Spaghetti squash:
Yellow stringy flesh
Rounded oval shape
Nutty sweet flavour
Roast & pull out stringy
flesh to mix into pasta
or use to replace
spaghetti!



All about... Pumpkins!



Pumpkins originate in the Americas and were grown by Native American tribes a long time before the Europeans arrived. They used all the pumpkin – eating the flesh for food, drying and grinding the flesh into flour, using hollowed gourds as bowls and the seeds as medicine. Amazing!

Pumpkins are very good for us, packed with vitamin A (for our eyes) and C (to fight off disease) plus loads of fibre to fill our tums and feed our happy gut bacteria.

They are part of the squash family of vegetables and are in season in the UK from October to December, but store well through the winter if kept in a cool place.

The seeds are also super powerful, filled with manganese, iron and zinc to give us energy and boost our immune system. Sprinkle them on soup or porridge, throw on muffins or snack on them solo! We like them toasted...

Jack Olanterns

We're very used to seeing pumpkin faces at Halloween, but did you know we used to carve faces in turnips and beets before we discovered pumpkins worked much better (and look great!)? Irish families would carve these spooky faces in their (smaller) root veggies to mark the Catholic festival of Halloween (All Saints Day - 1st Nov), using them as lanterns while the children would go door to door, asking for Soul Cakes (small round spiced shortcakes) in honour of the dead! However, once we were introduced to pumpkins from the Americas we soon forgot the hard turnips!





How to prepare pumpkin

Pumpkins are fantastic to cook with but they can be quite challenging to prepare and it can put you off trying! Here are a few ideas for how to prepare pumpkin in different ways to end up with slices, chunks and puree for use in both savoury and sweet cooking!

How to Prepare pumpkin

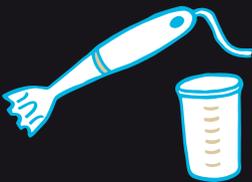
You will need



Knife

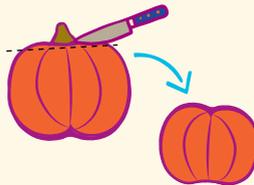


Spoon (metal)



Hand blender

1. Cut the top stalk off the pumpkin so it can sit flat on a chopping board



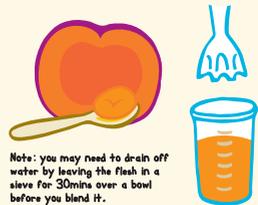
2. Chop it in half through the bottom one side then the other & scoop out seeds



3. PUREE: place each half face down in a baking tray, add 1cm water and roast for 45mins until soft



4. PUREE 2: Once cool, scoop out the flesh and blend in a hand blender until smooth



5. SLICES: slice each half into segments with it face down on the chopping board



You can roast these slices with the skin on & eat all of it, tasty with oil & sprinkled spices on top!

6. CHUNKS: Chop off the skin from the slices then chop into small chunks. It's now ready to cook!



What to do with.. Pumpkin seeds!



Pumpkin Seeds are a tasty crunchy and healthy snack, but they need to be prepared properly so you can digest them! The process is called sprouting. Find

out more about sprouting with the Professor Screech guide to sprouting seeds, beans and pulses!

If you'd like to try flavouring your pumpkin seeds with some tasty toppings before munching on them as snacks, try some of the ideas below for inspiration! Simply flavour them before the roasting/dehydrating stage of sprouting!



Directions:

Mix seeds in oil first in a bowl, then mix in flavourings and spread on a lined baking sheet.

Trolls Toenails 3 ways

Cinnamon & Maple

- 0.5 cup raw pumpkin seeds
- 1-2 tsp olive oil
- 0.5 TBSP Maple Syrup
- 0.5 tsp cinnamon
- Pinch of salt

Honey & Cumin

- 0.5 cup raw pumpkin seeds
- 1-2 tsp olive oil
- 1 tsp cumin powder
- 0.25 tsp salt
- 1-2 tsp honey

Pizza!

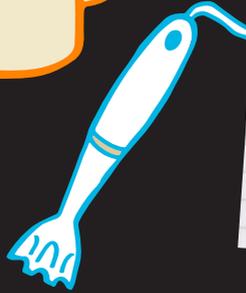
- 0.5 cup raw pumpkin seeds
- 1-2 tsp olive oil
- 1 TBSP parmesan cheese (or nutritional yeast)
- 0.5 tsp dried basil
- 0.25 tsp oregano
- Pinch of salt
- Pinch of garlic powder



While roasting stir every 5mins to cook evenly and wait to cool before munching!

How to make... Pumpkin soup!

You will need



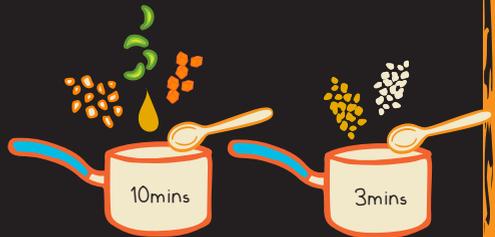
Ingredients

- 0.5 medium pumpkin
- 1 brown onion
- 2 sticks of celery
- 1 carrot
- 3 cloves of garlic
- 3cm fresh ginger
- 1 Litre of vegetable or chicken stock
- Seasonings
- 1 tsp white wine vinegar

- 1 Chop up the vegetables and finely mince the garlic & ginger



- 2 Fry the onion, carrot and celery for 10mins in 2 tbsp oil until soft. Then add ginger & garlic for 3mins.



- 3 Prepare the pumpkin following the guide to end up with chunks. Add to the pan & cook 5mins.



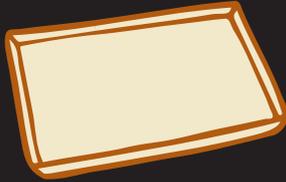
- 4 Add stock, cook on a low heat covered for 30mins. Blend with a hand blender & season with salt, pepper and vinegar.



How to make... Pumpkin wands!



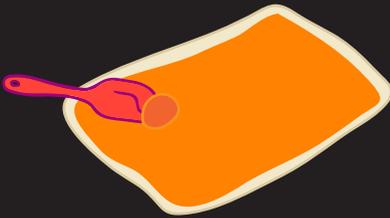
You will need



Ingredients

- 100-150g pumpkin puree
- 1 sheet of puff pastry
- 30-40g/3-4 tbsp grated cheese: parmesan or cheddar
- Black pepper
- Optional: pinch of grated nutmeg

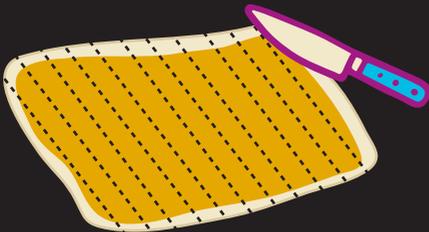
- 1 Roll out the sheet of pastry and spread a thin layer of puree over it



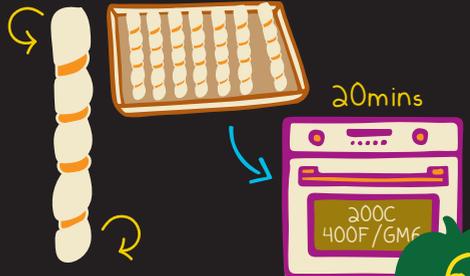
- 2 Grate cheese of choice over the top evenly and season with pepper and nutmeg (if using)



- 3 Cut thin 2cm strips down the pastry with the knife from the shorter side



- 4 Twist the ends in opposite directions and lay on a baking sheet. Bake!



Drinks: Pump-ole!



Based on the comforting Mexican drink called Atole often enjoyed around Day of the Dead this easy pumpkin twist is a perfect warmer to enjoy after a woodland walk!

You will need

Makes 3 cups

110g Pumpkin puree
750ml milk of choice (dairy or df)
75g of brown sugar/honey or maple syrup
1 small piece of cinnamon bark
1 tbsp of cornflour



Teaspoon
& tablespoon

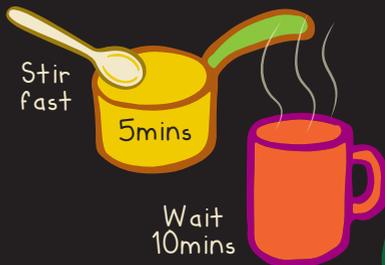
- 1 Heat 500ml milk with sugar and the cinnamon stirring until it dissolves

- 2 Once dissolved stir in the pumpkin and heat until it starts to simmer



- 3 Meanwhile stir together 250ml milk with the cornflour and add to the pan, stirring quickly

- 4 Heat on medium while stirring for 5mins until it thickens, pour and wait for 10mins before drinking!





Drinks: Pumpkin Juice!



This drink is a wonderful fruity gently spiced drink great to drink warm or cold. Try with various different types of pumpkin puree but make sure that it's really smooth before you mix it otherwise it might be grainy! It's a drink Harry Potter would approve of!

Makes 1 cup

You will need



Teaspoon
& tablespoon

3 TBSP Pumpkin puree
1.5 cups Apple Juice
(grown ups could use cider)
0.25 tsp of: Cinnamon & Ginger
Pinch of nutmeg
1 TBSP Honey/Maple Syrup

1. Heat pumpkin puree with spices in a saucepan for 3-4mins until just warm



2. Stir in Apple Juice & syrup/honey and warm, mixing slowly



3. Serve warm or chill & drink cold!





Other ideas!



Other than using puree in many sweet and savoury recipes you can use squashes and pumpkins in very simple ways with delicious results! Try the following:

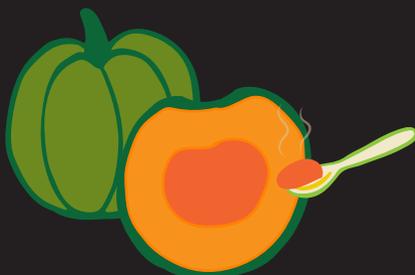
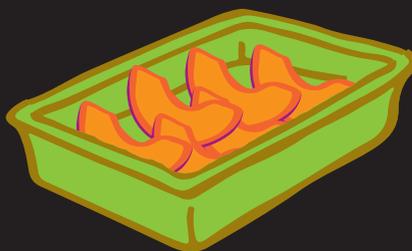


Spiced wedges:

Carve up slices and sprinkle with oil, salt & spices before roasting on a baking tray for 45mins-1hr. Eat with yoghurt and spiced rice or salad.

Caramel wedges:

Carve up slices including skin and lay in a single layer in a baking tray. Brush both sides with olive oil. Dot surface with butter and sprinkle with salt and optional ground cinnamon or ginger. Roast 1hr @ 180C until sticky and golden.



Maple acorn squash:

Cut an acorn squash in half, dot with butter/oil, sprinkle with salt and a drizzle of maple syrup before roasting for 1hr. Eat scooped from the skin!



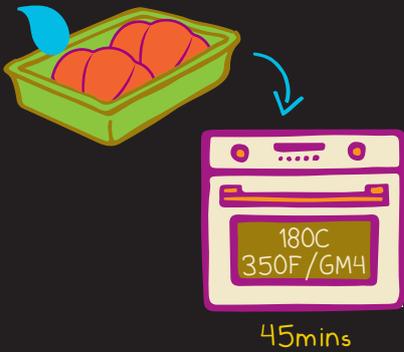
- ### Ingredients
- ✓ 1 medium kabocha squash, or
 - ✓ 1 medium kuri or 0.5 pumpkin
 - ✓ 1 brown onion
 - ✓ 1 tbsp milk / df milk
 - ✓ Salt & pepper
 - ✓ 1 egg or 40g flour & 100ml plant milk
 - ✓ 50g cornflour
 - ✓ 100g breadcrumbs (panko are great!)/gf breadcrumbs
 - ✓ Oil for frying (if frying)

Makes: Approx 10-15 fritters

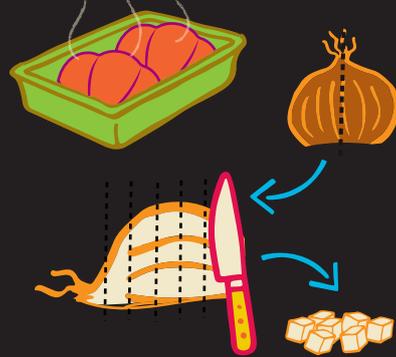
Prep: 15mins & 45 (squash)

Cook: 10mins

1. Roast pumpkin: if whole cut in half, scoop out seeds and place down in tray with 2cm water



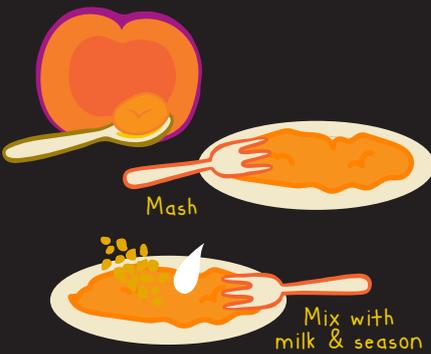
2. Once out of the oven leave to cool. Meanwhile finely chop the onion.



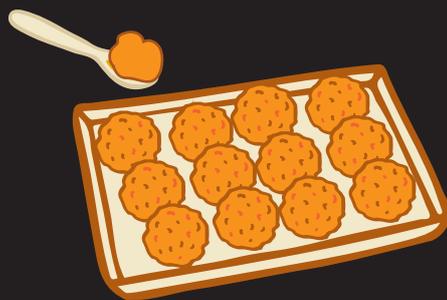
3. Fry onion in 1 tbsp oil for 10mins until soft



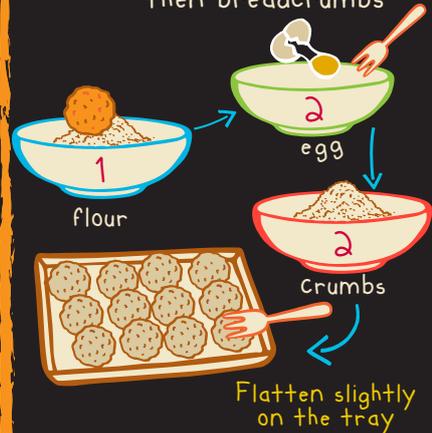
4. Once pumpkin is cool, scoop out the flesh onto a plate. Mix in the onion, 1 tbsp milk and seasoning



5. With wet hands roll 1tbsp balls and pop on a tray



6. When ready to cook roll each ball in flour, egg then breadcrumbs



7. Deep fry in 2cm oil in a small pan for 3-4mins, flip and fry the other side



8. Serve warm ideally with Tonkatsu sauce or ketchup!

What is Tonkatsu sauce?
It's a vegetable, fruit and spiced Japanese ketchup. You can make an easy version by mixing:

- 2 tbsp tomato ketchup
- 4 tsp Worcestershire sauce
- 3 tsp Oyster sauce (use Teriyaki, hoisin or even soy sauce if vegan)
- 2 tsp brown sugar



Keep uncooked fritters in the freezer for 3 months ready to fry from frozen anytime!



KOROKKINS (Japanese pumpkin fritters)



Korokkins Shopping List



Tick off what you've got before you go shopping!



1 medium kabocha squash, or
1 medium kuri squash or 0.5 pumpkin



1 brown onion



1 tbsp milk or dairy free milk



Salt & pepper



1 egg or 40g flour & 100ml plant milk



50g cornflour



100g breadcrumbs (panko are great!)
or gluten free breadcrumbs



Oil for frying (vegetable works well)



Tonkatsu sauce or 2tbsp tomato ketchup

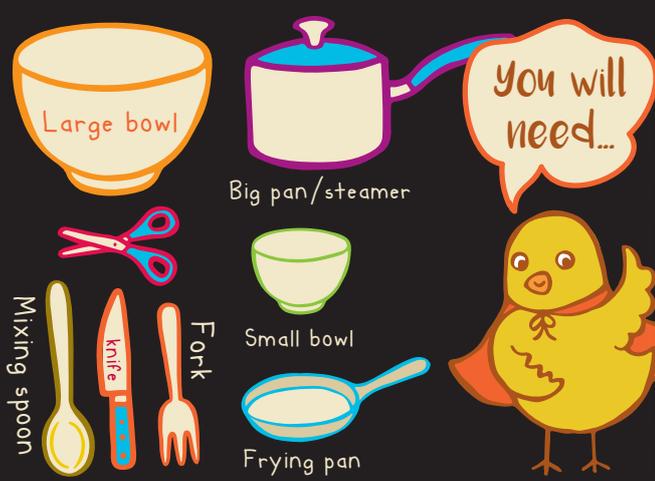


4 tsp Worcestershire sauce



2 tsp brown sugar





- Ingredients**
- ✓ 1/2/500g small pumpkin/squash
 - ✓ 2 brown onions
 - ✓ 2 cloves of garlic
 - ✓ 1 tsp honey & 1 tsp vinegar
 - ✓ 100g plain flour & 50g wholemeal flour or 150g gluten free flour
 - ✓ 0.5 tsp sea salt
 - ✓ 1 tsp rosemary (fresh/dry)(optional)
 - ✓ 150g cold butter or vegan butter
 - ✓ 4 tbsp cold water
 - ✓ Oil for cooking
 - ✓ 1 egg (optional) for brushing pastry

Makes: 20 dumplings

Prep time: 25mins Cook time: 15mins

1. Cut & Roast 1/4 pumpkin 45mins, peel & puree/mash

Cool

2. Peel & finely chop 1cm ginger & 1 clove of garlic. Place in a small bowl.

3. Mix in 1 TBSP soy sauce & 1 TBSP rice vinegar

Set Aside

4. Chop onion & ginger Fry for 5-10mins

3mins

5. Add the hot mix and pumpkin puree into a bowl, snip in chives and mix

Mix

6. Spoon 1 TSP of filling into the middle of a wrapper, wet the edges & fold over

7. Steam or boil a few at a time for 5mins & remove with spoon

5mins

8. Finish by frying each side 3-4mins in a little oil until brown & crispy then eat!

Dipping Sauce

Store in the fridge for up to 2 days or freeze before cooking & eat within 3 months!



Pumpplings

(pumpkin & ginger dumplings)



Pumpkins Shopping List



Tick off what you have before you go shopping!



Small Pumpkin or 120g puree



Peanut/Groundnut or veg oil



1 small onion or 2 shallots



1 garlic clove



Fresh ginger



Dumpling wrappers



Chives



Soy sauce & rice vinegar



Optional Hoisin sauce





Small Bowl



Flat baking tray



Rolling pin



small pan



Mixing spoon



knife



fork



1 Ball of pastry (use skills guide)

You will need...



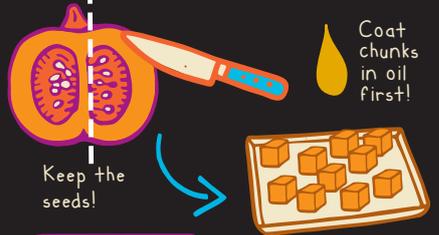
Ingredients

- ✓ 1/2/500g small pumpkin/squash
- ✓ 2 brown onions
- ✓ 2 cloves of garlic
- ✓ 1 tsp honey & 1 tsp vinegar
- ✓ 100g plain flour & 50g wholemeal flour or 150g gluten free flour
- ✓ 0.5 tsp sea salt
- ✓ 1 tsp rosemary (fresh/dry)(optional)
- ✓ 150g cold butter or vegan butter
- ✓ 4 tbsp cold water
- ✓ Oil for cooking
- ✓ 1 egg (optional) for brushing pastry

Makes: 1 Big Crostata

Prep: 30-45mins Cook: 25mins

1. Cut approx 1/3 pumpkin into 2-3cm chunks, then roast for 25mins until soft



Coat chunks in oil first!

Keep the seeds!



Set Aside

2. Chop onion & garlic Fry in 1 tbsp oil for 15mins, until golden



Mix slowly to stop sticking

15mins

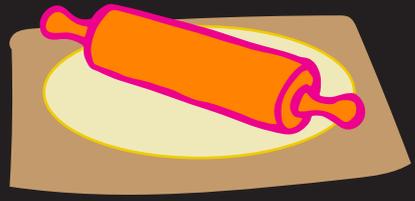
3. Add 1 tsp vinegar & 1 tsp honey/syrup and cook 5mins



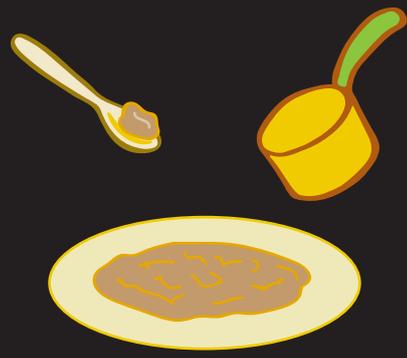
Mix

5mins

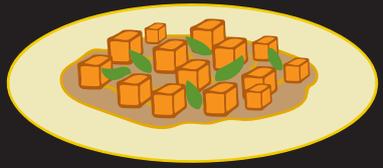
4. Roll out pastry to a circle approx 30cm wide & 0.5cm thick on baking paper (on a baking tray)



5. Spread the onion mix over the base leaving a 6cm edge all round



6. Sprinkle the cooked chunks of pumpkin over the onion & tuck in sage leaves*



*Add feta now if using..

7. 1. Fold edges over, pinching it together (this is called crimping)



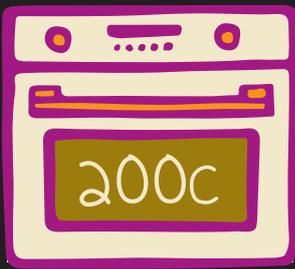
2. Break 1 egg into a bowl & beat with a fork

3. Brush pastry with the egg



(& pour the rest over the filling)

8. Bake in a hot oven



25mins

Until golden & crispy

Eat warm or serve cold in wedges! Try making mini ones for packed lunches...



Pump tata (Pumpkin & onion crostata/tart)



Pumptata Shopping List



Tick off what you have before you go shopping!



Small pumpkin / approx 500g



2 onions



2 cloves of garlic



1 tsp vinegar & 1 tsp honey



100g plain Flour & 50g whole-meal flour or 150g GF flour



Optional Fresh / dried Rosemary & Fresh Sage



0.5 tsp salt & 0.75 tsp Xanthan Gum (if GF flour doesn't already include it)



150g butter or vegetable shortening



1 egg





Knife



Mixing spoon



Saucepan
(ovenproof/
casserole)



Teaspoon



Tablespoon



Grater



Measuring
Jug

You will
need...



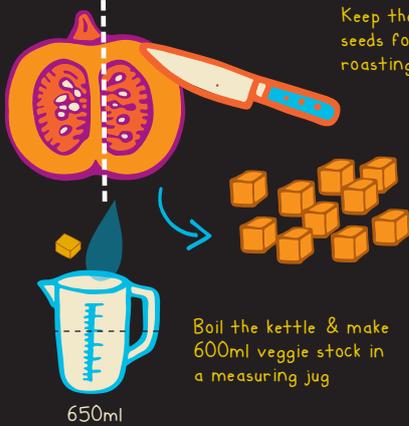
Ingredients

- ✓ 1 brown onion
- ✓ 2 cloves of garlic
- ✓ 250g cooking pumpkin
- ✓ 200g risotto rice
- ✓ 600ml vegetable stock
- ✓ 1 tsp sage (chopped fresh or dried)
- ✓ 20g butter or olive oil
- ✓ 25g parmesan or 2 tbsp nutritional yeast

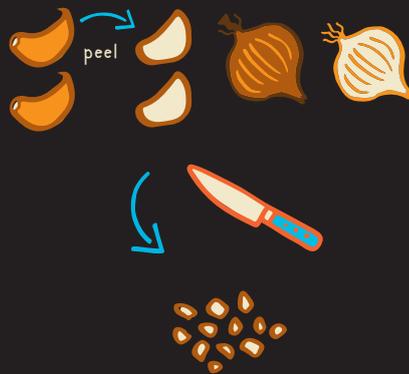
Makes: 5/6 servings

Prep: 20mins Cook: 30mins

1. Chop pumpkin into equal sized 2cm chunks (no skin)



2. Chop onion & garlic into tiny chunks



3. Fry onion & garlic in 1 tbsp of olive oil for up to 10mins, stirring



4. Add rice & pumpkin, stir while frying for 4-5mins



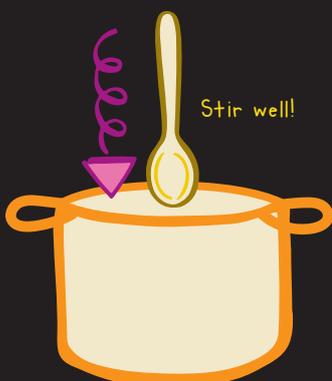
5. Pour in stock, sage & salt then stir & pop on the lid



6. Remove from oven and add butter/olive oil & parmesan/n.yeast



7. Stir constantly until the pumpkin melts into the rice and becomes a sauce



8. Eat hot/warm!
Try with fried sage leaves & more cheese...



★ Eat straight away and save the leftovers to make Pumpcini balls the next day... ★



Pumpotto (Pumpkin baked risotto)



Pumpotto Shopping List



Tick off what you have before you go shopping!



0.5 Small Pumpkin / approx 300g



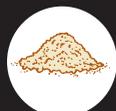
1 Onion



2 Cloves of Garlic



1 tsp sage



200g risotto rice



600ml vegetable stock



20g butter or olive oil + 1 tbsp



25g parmesan or 2 tbsp
nutritional yeast



Recipe Notes



Shallow bowls x 2



Spatula



Knife



Tablespoon



Small pan & oil OR



Flat baking tray



Grater

You will need...



Ingredients

(Amend depending on how much risotto you have!)

- ✓ Approx 2-3 cups cooked or leftover pumpkin risotto
- ✓ 2 eggs or 75g flour & 200ml plant milk
- ✓ 75g breadcrumbs (panko are great!)/gf breadcrumbs
- ✓ Optional: Rosemary stalks
- ✓ Optional: 2tbsp parmesan
- ✓ Optional: mozzarella
- ✓ Oil for frying (if frying)

Makes: Approx 8-10 balls

Prep: 15mins Cook: 20mins

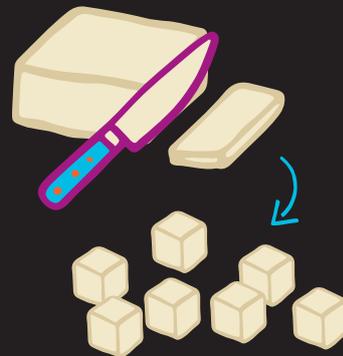
1. Pour breadcrumbs into 1 bowl & add optional parmesan (if using)



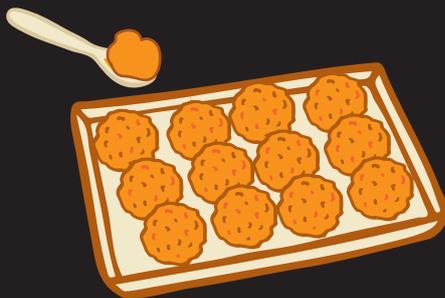
2. Beat eggs in a second bowl (or mix flour & milk)



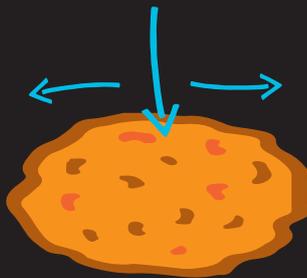
3. Cut mozzarella into small 1cm cubes (if using)



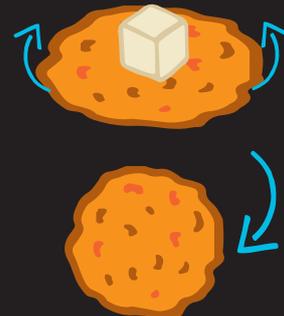
4. Scoop 1 tablespoon of the risotto into a wet hand and roll into balls



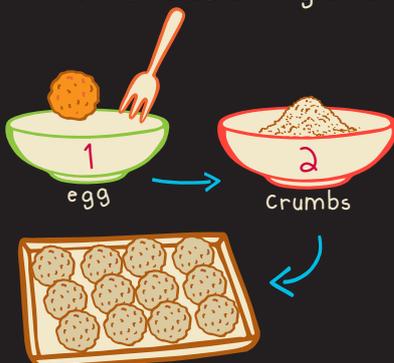
5. Using a thumb push into the middle of the ball and flatten it down



6. Pop the chunk of cheese into the middle and fold the risotto up around it

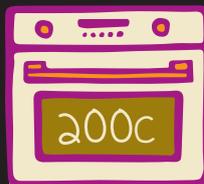


7. Roll first in egg then in the breadcrumbs and pop on an oiled baking sheet



Continue until they are all coated

8. Cooking options:
1. Bake for 20mins



2. Deep fry in oil for 6mins



Eat hot, warm or cold as you like!
Try different fillings and other risottos too...



Our tip: Stick a small stalk of rosemary in the top of the arancini to serve (looks like a pumpkin!)



Pumpcimi (Pumpkin risotto balls)



Pumpcini Shopping List



Tick off what you have before you go shopping!



2-3 cups of leftover risotto



2 eggs or 75g flour + 200ml
plant/dairy milk if egg free



75g breadcrumbs/gf crumbs



Optional: Rosemary stalks



Optional: 2 tbsp parmesan or
1 tbsp nutritional yeast



Optional: block of mozzarella



Oil for brushing/frying (olive
or vegetable)

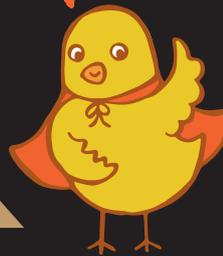


Recipe Notes

Idea: try mixing your breadcrumbs with other ingredients like ground almonds or even crushed up rice cakes!



Baking paper

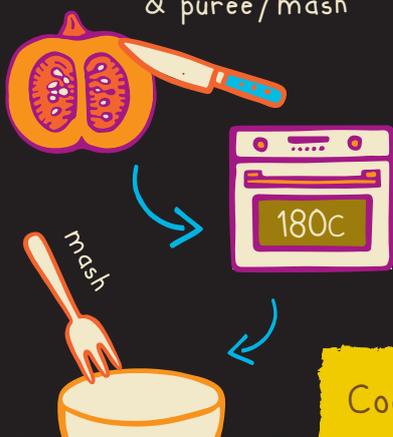


- Ingredients**
- ✔ 50g pumpkin puree
 - ✔ 120ml maple syrup
 - ✔ 50g butter or vegan butter
 - ✔ 50g rolled oats
 - ✔ 60g wholewheat or gf flour
 - ✔ 1 tsp ground cinnamon
 - ✔ 0.25 tsp allspice
 - ✔ 1 tsp vanilla essence
 - ✔ 0.5 tsp bicarb of soda
 - ✔ 30g raisins or sultanas
 - ✔ Decorate: chocolate chips & sunflower seeds

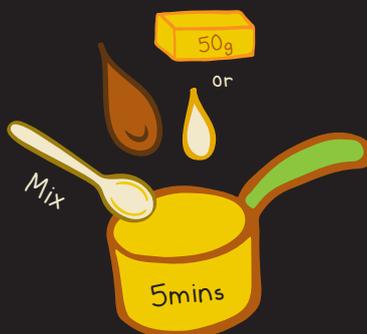
Makes: Approx 15 cookies

Prep time: 15mins Cook time: 15mins

1. Cut & Roast 1/4 pumpkin 45mins, peel & puree/mash



2. Mix together syrup, oil/butter & heat to melt for 5mins



3. Add 50g pumpkin puree and mix into the sauce



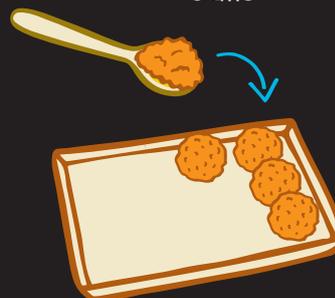
4. Pour the sauce and dry ingredients into a bowl and mix well!



5. Pour the dried fruit into the bowl and mix a few times



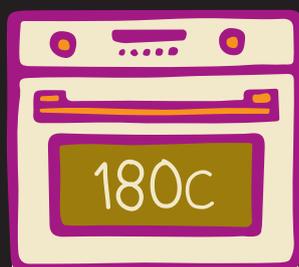
6. Spoon 1 TBSP of mix onto a lined baking sheet & shape into balls



7. Flatten the balls a bit with a fork then use the choc chips & seeds to make spooky faces!



8. Bake in hot oven & cool before eating



15-20mins
(until golden brown)

*Store in airtight container for up to 5 days or freeze & eat within 3 months!



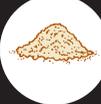
Monster Cookies (spiced pumpkin cookies)

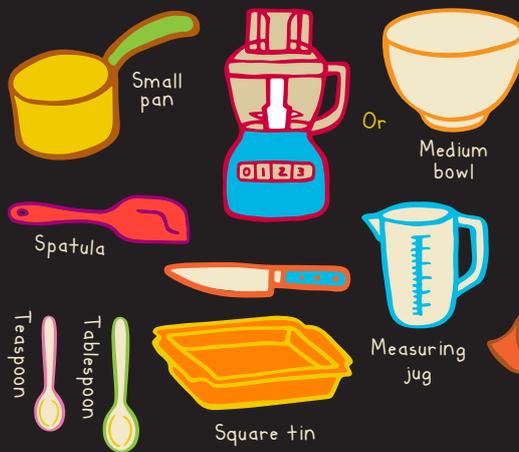


Monster Cookies Shopping List



Tick off what you have before you go shopping!

	50g pumpkin puree	<input checked="" type="checkbox"/>	<input type="checkbox"/>
	120ml maple syrup	<input checked="" type="checkbox"/>	<input type="checkbox"/>
	50g butter or vegan butter	<input checked="" type="checkbox"/>	<input type="checkbox"/>
	50g rolled oats	<input checked="" type="checkbox"/>	<input type="checkbox"/>
	60g wholewheat or gf flour	<input checked="" type="checkbox"/>	<input type="checkbox"/>
	1 tsp ground cinnamon & 0.25 tsp of allspice & 1 tsp vanilla essence	<input checked="" type="checkbox"/>	<input type="checkbox"/>
	0.5 tsp bicarbonate of soda & salt	<input checked="" type="checkbox"/>	<input type="checkbox"/>
	30g raisins or sultanas	<input checked="" type="checkbox"/>	<input type="checkbox"/>
	Decorate: chocolate chips & seeds	<input checked="" type="checkbox"/>	<input type="checkbox"/>



You will need...

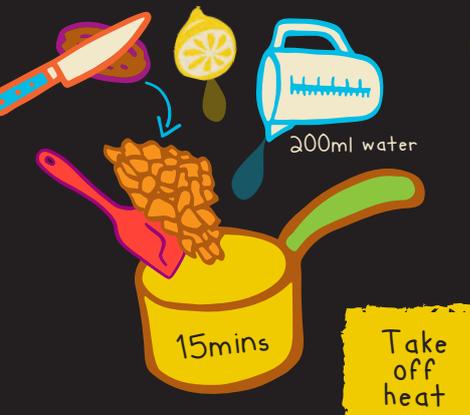


- Ingredients**
- ✓ Filling: 200g dates
 - ✓ 200ml water
 - ✓ 1 tbsp lemon juice
 - ✓ 1 tsp vanilla essence
 - ✓ 120g pumpkin puree
 - ✓ Crumble: 180g oats
 - ✓ 120 self raising flour
 - ✓ 75g brown sugar
 - ✓ 150g butter or vegan butter
 - ✓ 1 tbsp pumpkin puree
 - ✓ 1 tsp mixed spice
 - ✓ toppings: pecans, chocolate & pumpkin seeds. Optional icing

Makes: Approx 15 bars

Prep: 30mins Cook: 1hr

1. Chop the dates roughly then add to a pan with water and lemon. Cook until soft.



2. Off heat stir in vanilla and mix in the pumpkin



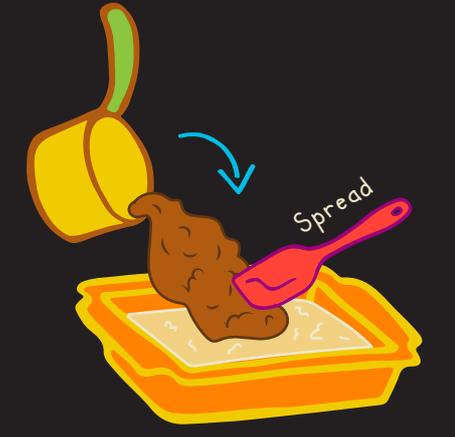
3. Either in a food processor or with your hands rub oats, flour, sugar, puree and butter together



4. Once made, push half of the crumble down hard into the lined baking tin



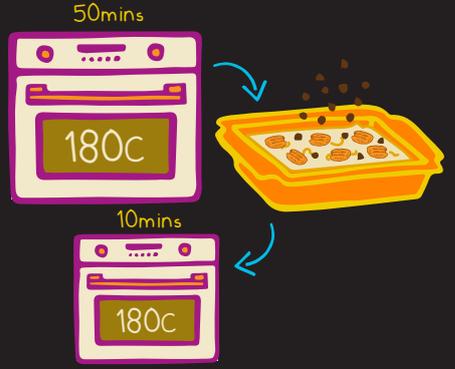
5. Spread a thick even layer of date jam over the base



6. Sprinkle the rest of the topping over it evenly



7. Bake for 50mins, then remove from oven & sprinkle chocolate chips & push in pecans randomly on the top



8. Cool in tin then store in fridge for 1-4hrs before cutting into bars!



Optional: use icing tubes to make legs and eyes for the pecan bugs or be creative!



Bug Bars (Pumpkin & date oat bars)



Bug Bars Shopping List



Tick off what you've got before you go shopping!



Filling: 200g dates



200ml water



1 tbsp lemon juice



1 tsp vanilla essence



120g pumpkin puree + 1 tbsp



Crumble: 180g oats



120 self raising flour



75g brown sugar



150g butter or vegan butter



1 tsp mixed spice



toppings: pecans, chocolate
& pumpkin seeds. Optional icing





You will need...

- Ingredients**
- ✔ 125g butter/vegan butter
 - ✔ 75g raw cane sugar
 - ✔ 60ml maple syrup/honey
 - ✔ 250g pumpkin puree
 - ✔ 2 eggs/flax eggs
 - ✔ 60ml + 4tbsp milk/oat milk
 - ✔ 150g plain flour/gf flour
 - ✔ 50g oat flour
 - ✔ 1tsp bicarb & baking powder
 - ✔ 1.5 tsp mixed spice
 - ✔ 2 tbsp cacao powder
 - ✔ 50g chocolate chips

Makes: 1 regular loaf cake (serves approx 8-10)

Prep: 20mins Cook: 45mins

1. Melt butter with sugar & maple syrup/honey in the small pan, stirring



2. Once melted, remove mix in the pumpkin puree, eggs & milk until smooth



3. Pour into a bowl and mix in flours, spice, bicarb & baking powder



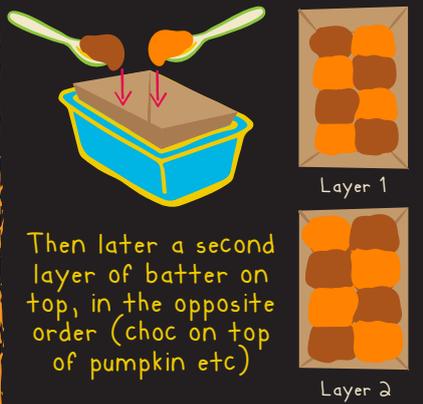
4. In the second bowl, mix together the cacao with 4 tbsp of milk until smooth



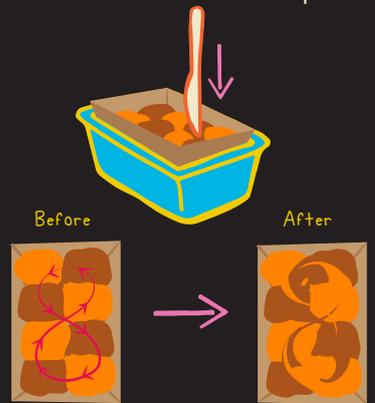
5. Scoop out half the pumpkin batter & mix it into the chocolate paste with choc chips too



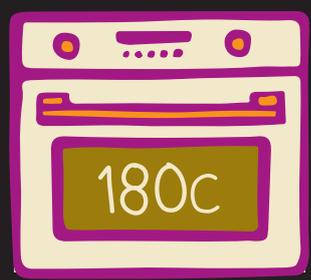
6. Scoop alternate 1 tbsp of each batter into the tin in a checker pattern



7. Using a knife, stick it into the cake and swirl it through the batter in an '8' pattern



8. Bake & cool in tin!



45mins
(check it's baked with a skewer or knife poked through the middle - the knife should be clean)



Jack O'Cake (Pumpkin choc swirl cake)



Jack O'Cake Shopping List



Tick off what you have before you go shopping!



250g pumpkin puree



125g butter or vegan butter
or coconut oil



75g raw cane sugar



60ml maple syrup/honey



60ml milk or oat milk + 4tbsp



2 eggs/flax eggs



150g organic wheat flour or
GF all purpose flour &
50g oat flour (blend oats to make)



1.5 tsp mixed spice
1 tsp bicarbonate of soda &
1 tsp baking powder



3 tbsp cacao powder



50g chocolate chips





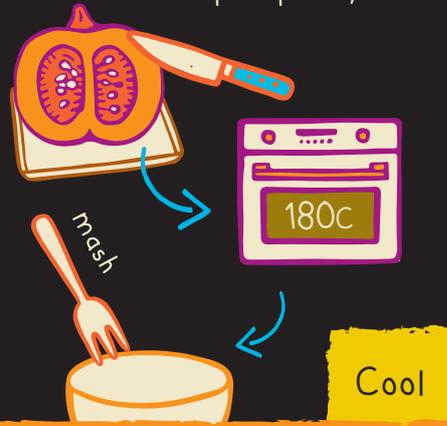
You will need...

- Ingredients**
- ✓ 350g pumpkin puree
 - ✓ 1 orange
 - ✓ 100g butter or vegan butter
 - ✓ 120ml milk or plant milk
 - ✓ 250g self raising or gf s-r flour
 - ✓ 100g molasses/brown sugar
 - ✓ 0.5 tsp ground cinnamon
 - ✓ 1 tsp mixed spice
 - ✓ 0.25 tsp ground nutmeg
 - ✓ 0.5 tsp bicarb of soda
 - ✓ To decorate: chocolate chips & sunflower seeds

Makes: Approx 12 large muffins or 30 small

Prep: 15mins Cook: 20-25mins (+ extra for pumpkin puree)

1. Cut & Roast 1/4 pumpkin for 45mins until soft Then scoop & puree/mash



Cool

2. Melt together molasses sugar with oil or butter



Take off heat

3. Mix in the eggs/flax eggs & milk/mylk



4. Add 350g pumpkin puree & grate zest of 1 orange into the pan, mix well



5. Pour the pan mixture into a big bowl with the flour, spice & raising agents & mix



6. Spoon 2 TBSP of mix into each space in your muffin tin



(Grease the tray first or use paper liners)

7. Use choc chips & seeds to make spooky faces!

You could also use flaked almonds, raisins or edible eyes to decorate the faces!



8. Bake!



20-25mins* (15-18 if mini muffins)

*Tip: Check if cooked by poking with a knife - it's clean if they're done!

*Store in airtight container for up to 5 days or freeze & eat within 3 months!



Monster Muffins (spiced pumpkin muffins)



Monster Muffins Shopping List



Tick off what you have before you go shopping!



350g pumpkin puree



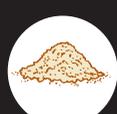
1 orange



100g butter or vegan butter



120ml milk or oat milk



250g wholemeal self-raising or
gluten free self-raising flour



0.5 tsp ground cinnamon &
1 tsp mixed spice & 0.25 tsp
of nutmeg



0.5 tsp bicarbonate of soda



100g molasses sugar



chocolate chips & seeds





Baking paper

You will need...



- Ingredients**
- ✓ 120g pumpkin puree (2 x 60g)
 - ✓ 1 eating apple
 - ✓ 130g wholewheat or gf flour
 - ✓ 150g plain or gf flour
 - ✓ 1 tsp dried instant yeast
 - ✓ 120ml milk or plant milk
 - ✓ 45g butter or vegan butter
 - ✓ 2 x 45ml (3 tbsps) maple syrup
 - ✓ 2 x 1tsp ground cinnamon
 - ✓ 0.5 tsp ground ginger
 - ✓ 0.25 tsp ground nutmeg
 - ✓ 0.5 tsp salt

Makes: Approx 8-10 swirls Prep time: 1.5hrs Cook time: 20mins

1. Grate apple, mix with 60g pumpkin puree, 1 TSP cinnamon & 3 TBSP maple syrup & cook for 15mins



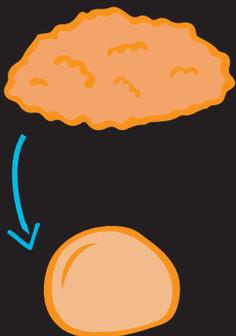
2. Heat 120ml milk/mylk with butter until melted Then add yeast & 3 TBSP maple syrup



3. Add 60g pumpkin puree with all dry ingredients and wet into a big bowl



4. Knead about 5mins on a floured surface until it's a smooth ball (it will be quite sticky!)



5. Let it rise for 45mins to 1hr until doubled in size

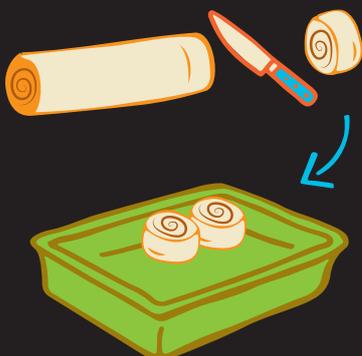


45mins-1hr

6. 1. Roll the dough to 1cm thick

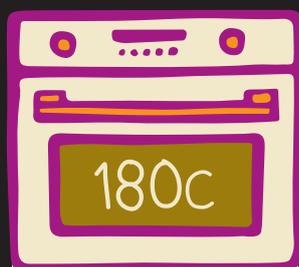


7. Cut into 8-10 slices



Lay in deep tray & let rise for another 30mins

8. Bake in hot oven & cool before eating



15-20mins (until golden brown)

*Store in airtight container for up to 4 days or freeze & eat within 3 months!



Pumpkin rolls (pumpkin, apple & cinnamon swirls)



Pumperolls Shopping List



Tick off what you have before you go shopping!



120g pumpkin puree



1 eating apple



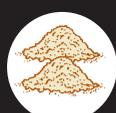
90ml Maple Syrup



45g butter or vegan butter



120ml milk or plant milk



130g wholewheat or gf flour &
150g plain or gf flour



2 tsp cinnamon & 0.5 tsp ginger
& 0.25 tsp nutmeg



Instant yeast (1 sachet)



0.5 tsp salt





A Foodini
Club guide!

How to Make flaky pastry

You will need

100g plain flour +
50g wholewheat flour

or

150g gf flour + 0.75tsp
xanthan gum

150g butter or vegan
butter

0.5 tsp salt

4 tbsps cold water



A bowl



teaspoon
& tablespoon

1. Mix all the dry ingredients
together in a mixing bowl



Add optional
herbs now!

2. Cut butter into small
cubes and add to the bowl



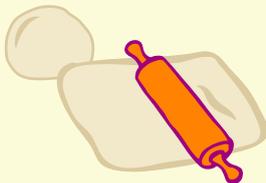
3. Rub together fat and
flour until it resembles
breadcrumbs



4. Drizzle in the water and
bring together with your
fingers gently



5. Tip onto a floured work
surface and form into a ball.
Roll out into a rectangle



6. Fold the longer edges into
the middle, then roll it out
again flat. Repeat 2x & chill
in the fridge.





How to make

FLAPPY BATS!

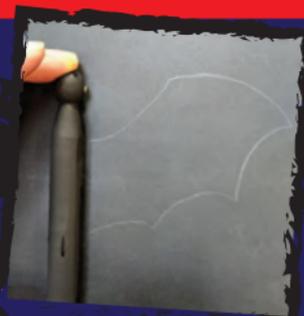
You will need:

- Wooden dolly pegs
- Black paint or marker pen
- Pencil
- Black card (glitter card is great!)
- Scissors
- Glue
- Googly eyes or paint

How to make Flappy Bats!



Paint the wooden peg black or use a black marker. Make sure it gets inside the slit!



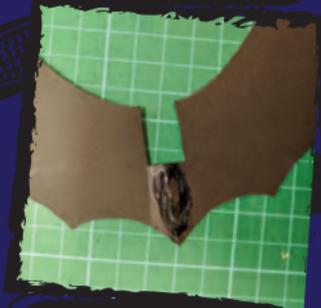
Draw out wings including a middle gap for the peg



Cut out the wings, making sure you allow for a small indent so the wings sit higher up the peg



Cut out small triangles for the ears



Spread some glue onto one side of the centre of the wings and stick into the inside of the peg slit, to the top or bottom



Stick the ear triangles onto the side of the bat head and leave to dry



Stick the googly eyes carefully onto the face of the bat



Tadaa! Use as bookmarks, stick onto the top of lampshades, hang up with string or use to peg up artwork along a washing line in your kitchen!

In collaboration with:

LADYLAND

How to make



HAUNTED HOUSES

You will need:

- 1 Tall Juice Carton
- Black Tissue Paper
- Orange Tissue Paper
- Black Sugar Paper
- A Pencil
- Scissors & A Stanley Knife
- PVA Glue & a Glue Brush
- Glue stick
- An LED Candle (do not use a real one - this is flammable!)

How to make a Haunted House



Mark out where you want the windows on the empty, clean carton with a pencil



Cut these out using a Stanley knife (with grown up help)



Cut the black tissue paper into little pieces & PVA glue them all over, tucking into the windows. Dry.



Draw your window monsters on a sheet of black paper and then cut them out.



Cut some pieces of orange tissue paper, just larger than your windows. Use your glue stick to glue the monsters onto these.



Cut a little door into the back of the carton (to put monsters & candle inside)



Use your glue stick to glue around the edge of the front of the orange pieces and stick them in



Now you just need to add your candle and your spooky house is ready! Try adding a roof with folded black paper if you're feeling adventurous...



How to make

Pulse Pumpkins

You will need:

- Card (not too thick)
- Pencil or pen
- Scissors
- Glue
- Seeds, beans, lentils
- Optional card & envelopes

How to make pulse pumpkins



Start by drawing the shapes of pumpkins however large you like or use a template & cut them out



Draw any lines on the pumpkins to mark the ridges top to bottom



Start with the black lines by running glue along the drawn lines and the stem at the top too



Use the black beans or lentil to mark the ridges and stem too. Allow to dry.



Time to get creative! Fill in the glue on the other parts of the pumpkin with the seeds, lentils and beans as you wish



Fill in all the space left and leave to dry out. Tip: weigh down with a heavy book to help it dry flat.



Stick on to folded A5 card to make a greeting card or stick on to a magnet or badge pin!



Paper Skulls

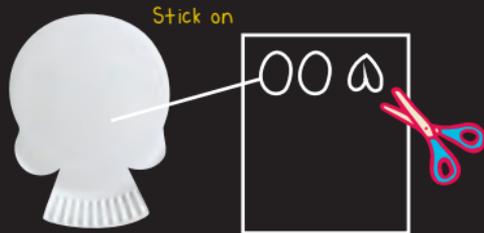
You will need:

- Paper plate
- Wooden lollipop stick
- Black paper
- Glue & Scissors
- Pencil & Pens
- Decorations: sequins & gems, stickers etc

How to make Paper Skull heads



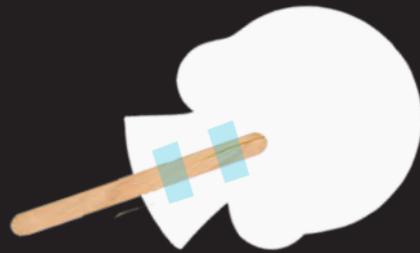
1. Draw out the shape of the skull head on your paper plate, making the teeth bit sit on the ridges around the edge. Cut out.



2. Cut out black shapes from the paper for eye holes and a heart for the nose, stick on skull. Optional: Cut out eye holes to make a mask



3. Decorate with sequins, gems, paints, pens and anything else you like to complete the face!



4. Stick a lollipop stick on the bottom back of the plate, wait to dry and tadaa you have a mask!