

A photograph of two large pumpkins filled with biryani, served on blue plates. A small white plate with a portion of the biryani is in the foreground. The background is a rustic wooden surface.

Pumpkin Biryani

Serves: 4

Ingredients

- 1.5kg whole pumpkin
- ✦ 1 tbsp Woo rapeseed oil
- 1 large onion, finely sliced
- 2 garlic cloves, crushed
- 5cm ginger, grated
- 1 cinnamon stick
- 2 tbsp Barts curry powder
- 100g Co-op low fat natural yogurt, plus 4 tbsp to serve
- 250g Co-op basmati rice
- 30g Co-op flaked almonds, toasted
- 30g Co-op sultanas
- ½ x 25g pack coriander, roughly chopped
- Lemon wedges, to serve

Method

1. Preheat the oven to 200°C/fan 180°C/Gas 6.
2. Cut the top off the pumpkin, scrape out the seeds, then put the top back on.
3. Cover in foil, sit in a roasting tin, and roast for 1 hour or until the flesh is just tender.
4. While that's roasting, heat the oil in a frying pan and cook the onion gently for 10-15 mins, until soft and golden.
5. Add the garlic and ginger, cook for 1 minute more, then add the spices and cook for a further minute to toast them.
6. Take off the heat, stir in the yogurt and 75ml of water, then set aside.
7. Cook the rice according to the pack instructions and set aside.
8. When the pumpkin is cooked, take it out of the oven and leave to cool slightly.
9. Scoop out the flesh and roughly chop it, then stir into the onion mixture.
10. Spoon a third of the onion mixture evenly into the pumpkin.
11. Add a third of the rice, then scatter over a third of the almonds and sultanas.
12. Repeat until all of the ingredients have been used up.
13. Put the lid back on the pumpkin and return it to the roasting tin.
14. Pour 150ml of water into the tin, re-cover with foil and roast for 30 mins.
15. Serve scattered with the chopped coriander, and the lemon wedges and yogurt on the side.



Pumpkin Pie

Serves: 8

Ingredients

1 pack Co-op shortcrust
pastry

450g/1lb prepared weight
pumpkin flesh, cut into
1in/2.5 cm chunks

✦ 3 large Adlington eggs

75g/3oz soft dark brown
sugar

1 tsp Barts ground cinnamon

½ level tsp Barts freshly
grated nutmeg

½ tsp Barts ground allspice

½ tsp Barts ground cloves

½ tsp Barts ground ginger

✦ 275ml/10fl oz Jess's double
cream

Method

1. Pre-heat the oven to 200°C.
2. Line a flan tin with the Co-op ready rolled pastry. Bake the pastry case blind for 20 minutes.
3. To make the filling, place the pumpkin chunks on a baking tray, cover with foil and roast until tender. This will take about 20-30 minutes, depending on your pumpkin. Press the cooked pumpkin in a coarse sieve to extract any excess water. Set aside to cool before blending in a food processor or mashing by hand to a pureé.
4. Lightly whisk the eggs together in a large bowl.
5. Place the sugar, spices and the cream in a pan, bring to simmering point, giving it a whisk to mix everything together. Then pour it over the eggs and whisk it again briefly. Now add the pumpkin pureé, still whisking to combine everything thoroughly.
6. Reduce the oven temperature to 18°C. Pour the filling into your pastry case and bake for 35-40 minutes, by which time it will puff up round the edges but still feel slightly wobbly in the centre.
7. Remove the pie from the oven and place the tin on a wire cooling rack. Serve warm or chilled (stored loosely covered in foil in the fridge) with some chilled crème fraîche or whipped cream.