

Pumpkin Tart

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

INGREDIENTS

275g plain flour
A pinch of salt
125g unsalted butter, chilled and cut into small cubes
About 10 tablespoons of cold water
(Or 1 packet of shortcrust pastry)
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 $\frac{3}{4}$ 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.

Thank you to our friends at www.lovefoodhatewaste.com for this delicious recipe!