

# FOOD'S NOT RUBBISH

PREP AND  
COOK TIME



**2hrs**  
TOTAL

## PUMPKIN PIE

This warming, lightly spiced pie is made with the flesh of a pumpkin. It's the perfect autumnal treat served warm with whipped Guernsey cream or ice cream.

### INGREDIENTS

#### Pastry

- ☐ 275g plain flour
- ☐ A pinch of salt
- ☐ 125g unsalted Guernsey butter, chilled and cut into small cubes
- ☐ About 10 tablespoons of cold water
- ☐ (Or 1 packet of shortcrust pastry)

#### Filling

- ☐ 1 whole pumpkin
- ☐ 2 eggs
- ☐ 100g caster sugar
- ☐ 2 teaspoons ground cinnamon
- ☐ Pinch of nutmeg
- ☐ 25g sunflower seeds

## METHOD

### First make the pastry.

1. 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.
2. 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.
3. 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.

### The filling

4. Meanwhile, prepare the filling using the flesh scooped out from the pumpkin. Steam 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.
5. Pour the filling into the pastry case, sprinkle the seeds on top and bake in the oven set at gas mark 5/190°C/374F for about 45 minutes until the filling has set.

**SAVE UP  
TO £70 A  
MONTH!**



## LEFTOVER PASTRY PALMIERS/PINWHEELS

It's such a shame to throw away pastry trimmings and scraps.

Instead, collect all the leftover trimmings and knead together very lightly - roll the pastry into a rough rectangle, then scatter something delicious over the surface – good combinations would be Cheddar and Chilli, Cheese and Marmite, Pecans and Maple Sugar, Ham and Cheese, Dried Fruit and Brown Sugar, whatever you fancy.

Roll up the pastry from one long edge, moisten the far edge and seal the roll. Slice into circles and bake in the oven at gas mark 4/ 180°C/350F until crisp.



### Suitable for freezing

Once baked, cool the pumpkin pie completely and wrap tightly in several layers of plastic wrap to ensure it is tightly sealed. Alternatively, slice into single portions. Store in the freezer for up to a month and defrost slowly in the fridge to avoid a soggy bottom!

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