

## PUMPKIN PIE

Many people assume this recipe to be American, but in fact it is English and dates from Tudor times. The early colonists introduced pumpkin to America where it quickly became a national dish, while here in England pumpkin fell from favour in the eighteenth century.

### Ingredients

1 can pumpkin puree (450g approximately)

Pinch of salt

4 oz soft brown sugar

1 teaspoon ground cinnamon

½ teaspoon ground ginger

¼ teaspoon grated nutmeg

2 eggs beaten

5 fl oz single cream

8 oz shortcrust pastry

### Method

1. Set oven to 375°F or Mark 5.

2. Grease an 8 inch pie dish or flan tin.

3. Put the pumpkin puree with the salt, sugar and spices into a mixing bowl and combine together. Add the eggs and cream and stir well to mix.

4. Roll out the pastry on a floured surface and use to line the pie dish or flan tin.

5. Pour in the filling, spread out evenly and bake for 45 to 55 minutes until a knife inserted in the filling comes out clean.

6. Allow to cool. Serve warm or cold with cream.

## SAUCY SAUSAGE AND BEAN STEW

Easy to make, delicious to eat...

### Ingredients

4 Sausages (cooked and sliced)

14 oz. can chopped tomatoes

1 onion (chopped)

1 garlic clove, finely chopped

14 oz. can baked beans

Small can sweetcom, drained

A touch of hot chilli sauce

### Method

1. Fry the onion for 5 minutes until soft, then add the sausages and garlic for a further minute or two.

2. Add the beans, tomatoes, chilli sauce and sweetcom and simmer for around 10 minutes to reduce the liquid.

3. Season and serve with delicious

# HALLOWEEN RECIPES FOR RV'ERS

From Jeni's Kitchen

buttery Potato and Broccoli mash.

## SAVOURY PUMPKIN PIE

Ingredients – Serves 6

500g/1lb pumpkin or squash, peeled and cut into 1 cm/½ inch chunks

200g/7oz quark

2 eggs, beaten

1 onion, sliced into rings

1 tsp safflower oil, plus a little extra for glazing

1 garlic clove, crushed

½ tsp ground ginger

½ tsp chili powder

⅛ tsp salt

White pepper

Yeast dough

175g/6oz wholemeal flour

1 tsp easy-blend dried yeast

12.5 cl/4 fl oz skimmed milk

### Method

1. To make the dough, mix together the flour and yeast in a large bowl. Heat the milk in a saucepan until it is hot to the touch, about 43°/110°F, then pour it into the dry ingredients.

2. Knead the mixture well for 10 minutes, adding a little extra water if necessary, to make a smooth, soft dough. Leave the dough to rest for 10 minutes. Roll out the dough and use it to line a lightly greased 20 cm/8 inch flan tin.

3. Preheat the oven to 200°C/400°F.

4. Steam the pumpkin chunks over a saucepan of boiling water for 10 to 15 minutes, until they are soft. Transfer them to a bowl and mash them. When the puree has cooled slightly, beat in the quark and eggs.

5. Meanwhile, set a quarter of the onion rings aside and chop the remainder.

6. Heat the oil in a small, heavy-bottomed saucepan over medium heat. Add the chopped onion and garlic, and saute them for about 3 minutes, until softened but not browned. Stir in the

ginger and chili powder.

7. Transfer the pumpkin mixture to a food processor, and add the contents of the saucepan, the salt and some pepper. Blend the mixture until it is smooth. Pour the filling into the pastry case and level the surface. Press the reserved onion rings lightly into the filling an brush them with the extra safflower oil.

8. Bake the pie in the oven for 30 to 40 minutes, until it is golden-brown and firm in the centre.

SUGGESTED ACCOMPANIMENT - steamed fresh vegetables.

## BUTTERNUT SQUASH AND HERBY RISOTTO

A tight and creamy dish for a balmy autumn's evening.

### Ingredients

1 lb butternut squash (small cubed)

1 onion (chopped)

1 packet quick-cook risotto rice

Water as per packet instructions

1 glass white wine

2 pinches mixed herbs

Olive oil

### Method

1. Fry the squash in a little olive oil for 10 minutes or until just tender, adding the herbs towards the end of the cooking time.

2. Add the onion and fry for 5 more minutes until soft.

3. Add the wine and simmer until evaporated, then add the rice and water.

4. Cook until all the liquid has been absorbed and the rice is tender.

5. Serve with a colourful salad.

## TOFFEE AND APPLE PIE

### Method

1. Line a pie dish with pastry, but reserve a third for the lid.

2. For the filling, put 450g/1lb cooking apples, peeled and cored into a pan and cook gently with a dash of water and 110g/4oz sugar.

3. Using a rolling pin break up 175g/6oz Thornton's Toffee and scatter this over the cooked apple. Allow the apple mixture to cool slightly then place in the pastry case.

4. Glaze the edges of the pastry with milk to act like glue and place the lid on top. Press the edges down firmly and trim off the excess. Crimp the edges and bake in a pre-heated, moderate oven for 30-40 minutes or until golden brown.

5. Sprinkle with caster sugar and serve with cream, ice cream or custard.

NEXT MONTH  
PRE-CHRISTMAS RECIPES

