



PUMPKIN DATE SCONES

Recipe by Sally Wise

INGREDIENTS

Makes 12 to 15

- ☐ 30g butter
- ☐ ¼ cup sugar
- ☐ 1 egg, lightly whisked
- ☐ 2 teaspoons lemon juice
- ☐ ¾ cup cooked mashed pumpkin
- ☐ 2 cups self-raising flour
- ☐ 1 cup chopped dates
- ☐ A little milk, for glazing

DIRECTIONS

Heat the oven to 180°C.

Grease a 18cm x 28cm lamington tray and line with baking paper.

In a bowl, whisk together the butter and sugar.

Add the egg, lemon juice, pumpkin and flour, mixing well to make a soft dough. Fold in the dates.

Turn out onto a lightly floured surface,

sprinkle with flour and knead very briefly.

Pat out to 1.5cm thick. Cut into 12 rounds, then place on the tray and brush with milk.

Bake for 20 minutes until golden brown and cooked through.



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SPICED PUMPKIN SOUP

Recipe by Sally Wise

INGREDIENTS

- ☐ 2 teaspoons olive oil
- ☐ 1 large onion, diced
- ☐ 900g pumpkin flesh (i.e. peeled and deseeded), cut into 2cm cubes
- ☐ 3 cloves garlic
- ☐ 1 teaspoon grated green ginger
- ☐ 1 teaspoon ground cumin
- ☐ 1 teaspoons ground coriander
- ☐ 1½ teaspoons curry powder
- ☐ 600ml chicken or vegetable stock or
- ☐ 250ml coconut milk
- ☐ 250ml coconut cream + 2 tablespoons extra
- ☐ 1 tablespoon tomato sauce (ketchup)
- ☐ Juice ½ lime
- ☐ ½ to 1 teaspoon salt,

METHOD

SERVES 6

Heat the coconut oil in a heavy based saucepan over medium heat. Add the coconut oil and, when melted, add the onion and pumpkin. Stir to coat, then reduce heat to medium-low and cook for 5 minutes (lid on), stirring often.

Add the garlic, ginger and spices and stir to combine well. Cook one minute, then add the stock coconut, the 250ml coconut cream and tomato sauce.

Bring to the boil, stirring often, then reduce heat and cook, covered, until the pumpkin is very soft. Puree. Return to heat and stir in the lime juice.

Ladle into serving bowls and drizzle each decoratively with a little of the extra coconut cream.



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STUFFED PUMPKINS

Recipe by Sally Wise

INGREDIENTS

- ☐ 4 small pumpkins, approximately 500g each
- ☐ 2 tablespoons olive oil
- ☐ ***For the Filling***
- ☐ 250g beef or pork mince
- ☐ 250g sausage mince
- ☐ 1 large onion very finely diced
- ☐ 2 cloves garlic, crushed
- ☐ 2 tsps chopped fresh herbs (such as rosemary or oregano) or ¼ tsps dried
- ☐ 3 tsps tomato chutney
- ☐ 3 tsps Worcestershire sauce
- ☐ 2 tsps soy sauce
- ☐ ½ tsps salt
- ☐ 50g fresh breadcrumbs (about half a cup)
- ☐ ***For the Topping***
- ☐ 40g grated tasty cheese
- ☐ 20g Parmesan
- ☐ ***For the sauce (optional)***
- ☐ 300ml passata
- ☐ 2 tsps tomato paste
- ☐ 1 onion, grated
- ☐ 1 tsps chopped rosemary or oregano (or ¼ to ½ teaspoon dried)
- ☐ 2 tsps Worcestershire sauce
- ☐ Salt to taste
- ☐ Pinch sugar



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STUFFED PUMPKINS

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METHOD

Pre-heat oven to 170 degrees C. Have ready a baking dish large enough to fit the pumpkins. Pour the olive oil into the baking dish. Cut a small slice from the base of each pumpkin so that it will sit flat. Cut a slice from the stalk end of the pumpkin and discard. Scoop out the seeds and pulp from the pumpkins, leaving approximately 1cm of the pumpkin flesh inside. Place the pumpkins in the prepared baking dish.

To make the filling

Mix all the filling ingredients together until very well combined. Divide into four and press into the pumpkins, ensuring there are no air pockets. Sprinkle with the **topping**, made by mixing the two ingredients together. Bake for 1¼ hours until cooked through. If the topping starts to brown too much, cover the dish loosely with foil.

To make the sauce (optional)

Place all ingredients in a saucepan and bring to the boil. Reduce heat and cook until thickened (about 15 minutes). Spoon (hot) over the pumpkins at serving time.



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PUMPKIN AND CHICKPEA CURRY

Recipe by Sally Wise

INGREDIENTS

- ☐ 1 tablespoon olive oil
- ☐ 1 onion, finely diced
- ☐ 600g (rich coloured) pumpkin flesh, cut into 4cm cubes
- ☐ 4 cloves garlic, crushed
- ☐ 2 tablespoons curry paste of choice
- ☐ 1 tablespoon tomato chutney
- ☐ 1 tablespoon sweet chilli sauce
- ☐ 120g tomato paste
- ☐ 400g tin diced tomatoes (or you can use fresh)
- ☐ 180ml water
- ☐ 400g tin chickpeas, drained
- ☐ 50g baby spinach leaves
- ☐ Salt and pepper
- ☐ 3 teaspoons cornflour mixed to a paste with 2 tablespoons cold water
- ☐ 2 tablespoons chopped fresh coriander (optional)

METHOD

Heat the oil in a large heavy based saucepan over medium heat.

Add the onion, chillies and pumpkin and sauté for 5 minutes, stirring often.

Add the garlic and cook, stirring, for one minute.

Add the curry paste, chutney, chili sauce, tomato paste, tomatoes, water and chickpeas and simmer for 20 minutes or until the pumpkin is cooked. Thicken with some or all of the cornflour paste if necessary, cooking for 2 minutes more after including.

Stir in the spinach leaves. Add salt and pepper to taste.



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PUMPKIN FRUIT CAKE

Recipe by Sally Wise

INGREDIENTS

- ☐ 250g butter
- ☐ 1 cup sugar
- ☐ 2 eggs
- ☐ 1 teaspoon natural lemon essence
- ☐ 1 cup mashed pumpkin
- ☐ 1 cup plain flour
- ☐ 1 cup self raising flour
- ☐ 375 to 500g mixed dried fruit

METHOD

Turn oven to 150°C, fan forced.

Grease a 23cm (9 inch) deep-sided round tin and line base with baking paper.

Cream the butter and sugar with the lemon essence, then add the eggs and beat well.

Fold in the pumpkin and flours, together with the dried fruit.

Spoon into the prepared cake tin and level the top of the mixture.

Bake for 1 to 1½ hours or until a metal skewer when inserted into the middle of the cake comes out clean

Cool in tin, then wrap in foil. This cake is best left for 3 days before eating.



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Pumpkin Quiches

Recipe by Sally Wise

INGREDIENTS

- ☐ ½ cup boiling milk
- ☐ 250g grated cheese
- ☐ 2 eggs, lightly beaten
- ☐ 2 rounded tablespoons self raising flour
- ☐ 1 cup cooked mashed pumpkin (cooled)
- ☐ 3 teaspoons sweet chilli sauce
- ☐ Salt and pepper to taste
- ☐ 2 sheets ready rolled puff or shortcrust pastry

Note: This will make 24 smaller tarts or 12 larger or the filling mixture can be poured into a 20cm round deep pie dish that has been lined with pastry.

METHOD

Preheat oven to 200 degrees C.

Grease 24 x ¼ cup capacity muffin tins or 12 larger muffin tins.

Place milk in a saucepan and bring to the boil.

Remove from heat and mix in cheese. Cool for 5 minutes.

Whisk in eggs, then flour and pumpkin and stir in sweet chilli sauce.

Three quarters fill each case with pumpkin/chilli mixture.

Bake at 200°C for 5 minutes, then reduce heat to 150°C and bake until the filling is set.



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