



PUMPKIN AND ROSEMARY BAKE

Recipe by Sally Wise

INGREDIENTS

- ❑ 250ml sour cream
- ❑ 150ml milk
- ❑ 1 clove garlic, crushed
- ❑ ½ teaspoon salt
- ❑ 3 teaspoons chopped rosemary
- ❑ 3 teaspoons chopped parsley, optional
- ❑ ½ teaspoon Dijon mustard
- ❑ 1 egg
- ❑ 1 teaspoon cornflour
- ❑ 650g pumpkin (weight with seeds and skin removed)
- ❑ 150g rindless bacon, diced
- ❑ 1 onion, diced
- ❑ 100g grated tasty cheese
- ❑ 50g Parmesan, optional

DIRECTIONS

Preheat oven to 170 degrees C (fan forced).

Grease a 20cm round or square baking dish.

Cut the pumpkin into 6mm slices (approx.)

Whisk together the sour cream, milk, garlic, salt, rosemary, parsley (if using), mustard, egg and cornflour.

Set aside.

Place one third of the pumpkin in the dish, top with one third of the bacon and half the onion.

Drizzle with one third of the sour cream mixture. Repeat layers, then finish with the final third of the pumpkin and bacon.

Top with the grated cheese and parmesan (if using) and drizzle the last of the cream mixture over,

Bake for one and a quarter hours or until the pumpkin is cooked through and the topping is golden brown.

Leave to stand 15 minutes before serving.



Mornings

with Georgia Stynes

on 666AM and the ABC listen app





PUMPKIN SPICE CHOCOLATE SLICE

Recipe by Sally Wise

INGREDIENTS – PUMPKIN SPICE LAYER

- ☐ 250g cream cheese, softened
- ☐ 100g sugar
- ☐ 2 teaspoons finely grated orange rind
- ☐ 3 eggs
- ☐ 125g pumpkin puree (smooth mashed pumpkin, not too wet)
- ☐ 2 teaspoons ground cinnamon
- ☐ 1 teaspoon mixed spice
- ☐ 1 teaspoon ground ginger
- ☐ ¼ teaspoon ground nutmeg
- ☐ ¼ teaspoon ground cloves
- ☐ 20g plain flour

METHOD – PUMPKIN SPICE LAYER

Whisk together the cream cheese, sugar and orange rind, then whisk in the eggs and finally the pumpkin puree.

Fold in the combined dry ingredients to make a smooth batter.

Spoon over the chocolate layer.

Swirl the two mixtures together gently with a blunt knife for a marbled effect.

Bake for 35 to 40 minutes approximately or until a metal skewer inserted into the centre comes out clean.

Leave to stand in tin for 20 minutes, then turn out onto a wire rack to cool.



Mornings

with Georgia Stynes

on 666AM and the ABC listen app





PUMPKIN SPICE CHOCOLATE SLICE

Recipe by Sally Wise

INGREDIENTS

This is a lovely rich squidgy slice, very suitable for morning or afternoon tea, even a dessert if portions are served with a swirl of whipped cream and a sprinkling of ground cinnamon.

For the chocolate layer

180g butter
300g sugar
3 eggs
45g sifted cocoa
120g plain flour

METHOD

For the chocolate layer

Preheat oven to 160 degrees C (fan forced). Grease a lamington tin 18cm x 28cm approximately. Line base with baking paper and then grease over this.

Whisk together the butter and sugar until light and fluffy, then whisk in the eggs.

Fold in the dry ingredients. Place in dollops into the tray and spread out with the back of a spoon that has been dipped in hot water.



Mornings

with Georgia Stynes

on 666AM and the ABC listen app





HERBED PUMPKIN BACON TART

Recipe by Sally Wise

INGREDIENTS

Serves 6.

Not only does this tart have a delicious pumpkin infused filling, but the pastry also is enriched with pumpkin puree.

For the pastry

- ☐ 200g plain flour
- ☐ 100g cold butter, diced
- ☐ ¼ teaspoon baking powder
- ☐ Scant ½ teaspoon salt
- ☐ 50g smooth mashed pumpkin
- ☐ 60ml cold water, approximately

METHOD

Place the dry ingredients in the bowl of a food processor and process until the mixture reaches the texture of breadcrumbs.

This can be done of course by rubbing the butter into the dry ingredients with the fingertips. If using the food processor, transfer the mixture to a bowl now.

Whisk together the pumpkin and cold water. Make a well in the centre of the flour mixture and pour almost all the pumpkin liquid in, reserving some, adding only as much as it takes to make a soft dough.

Wrap in cling film and refrigerate for 30 minutes.

Grease a 23cm flan tin. Roll the pastry out onto a lightly floured surface unit large enough to cover the base and sides of the flan. Fit snugly into place. Refrigerate while preparing filling.



Mornings

with Georgia Stynes

on 666AM and the ABC listen app





HERBED PUMPKIN BACON TART

Recipe by Sally Wise

FILLING INGREDIENTS

- ☐ 300g pumpkin flesh, cut into 8mm cubes (approx.) + 3 teaspoons olive oil + a small sprinkle salt
- ☐ 4 eggs
- ☐ 100g smooth mashed pumpkin
- ☐ 120ml milk
- ☐ 1 onion, grated
- ☐ 2 tablespoons chopped herbs (I tend to use half parsley, half sage)
- ☐ 150g diced bacon
- ☐ 100g grated tasty cheese
- ☐ 60g silver beet or spinach, finely sliced
- ☐ 120g feta, diced or yoghurt cheese (labne), optional

METHOD FILLING

Preheat oven to 170 degrees C (fan forced).

Grease a baking tray and line with baking paper.

Toss the pumpkin cubes in the olive oil and salt, then bake until tender (about 15 minutes), cool completely.

Increase oven temperature to 200 degrees C (fan forced).

Whisk together the eggs, mashed pumpkin, onion, milk and herbs. Set aside.

Sprinkle cooled pumpkin cubes over the pastry, then the bacon, cheese, silver beet and feta (if using).

Bake for 10 minutes, then reduce heat to 160 degrees C and bake until filling is set (approximately 30 minutes). Leave to stand in tin 15 minutes before serving.

Can be served hot or cold.



Mornings

with Georgia Stynes

on 666AM and the ABC listen app





PUMPKIN WHITE CHOCOLATE AND LEMON COOKIE SANDWICHES

Recipe by Sally Wise

INGREDIENTS - COOKIES

- ☐ 125g butter, softened
- ☐ 80g brown sugar
- ☐ 80g white sugar
- ☐ 1 egg
- ☐ 60g pumpkin puree (smooth mashed pumpkin, not too wet)
- ☐ Finely grated rind 1 lemon
- ☐ 220g self raising flour
- ☐ 70g white chocolate, finely chopped

METHOD COOKIES

Preheat oven to 160 degrees C (fan forced). Line two cookie sheets/baking trays with baking paper.

Whisk the butter and sugars together until light and creamy, then whisk in the egg, then the pumpkin and lemon rind.

Fold in the flour and white chocolate.

Leave to stand for 5 to 10 minutes then drop dessert spoonfuls of mixture onto trays, allowing room for spreading.

Bake until light golden brown, approximately 12 to 15 minutes,

Allow to cool on trays slightly before transferring to a wire rack to cool completely. Repeat with any remaining mixture.



Mornings

with Georgia Stynes

on 666AM and the ABC listen app





PUMPKIN, WHITE CHOCOLATE AND LEMON COOKIE SANDWICHES

Recipe by Sally Wise

INGREDIENTS - COOKIES

- ☐ 30g butter, softened
- ☐ 90g cream cheese, softened
- ☐ 3 teaspoons finely grated lemon zest
- ☐ Juice ½ lemon, approximately

METHOD FILLING

Whisk the butter, cream cheese and lemon rind together, then mix in the icing sugar and enough lemon juice to make a good piping or spreading consistency.

Pipe or spread the mixture onto the base of half of the cookies, then top each with another cookie. Leave icing to set. In hot weather you may need to set them in the fridge.

Makes approximately 15 completed cookies.



Mornings

with Georgia Stynes

on 666AM and the ABC listen app

