



Kid's pumpkin cooking

#EatYourPumpkin



Registered Charity No. 1158700

Welcome

This template gives a brief intro to Pumpkin Rescue and shares sets for a simple family friendly autumnal cooking session. We would recommend having 2 adults leading the session.

Beyond promotion and recruitment, session leaders will be responsible for:

- Risk assessing the venue prior
- Asking participants to bring Tupperware incase there is any food left over
- Buying food
- Giving a welcome to the venue, health and safety, introductions, expectations for the session, why pumpkin and food waste
- Ensuring that participants wash their hands and wear aprons
- Ensuring participants sign a photo consent form and are notified that photos may be taken throughout the session
- Taking photos
- Facilitating cooking activities
- Facilitating eating
- Facilitating clear up
- Ensuring that participants fill in a feedback form at the workshop's end
- Giving participants materials to take away

Optional: You may want to start by carving pumpkins and putting the 'carvings' into the soup.

Menu

Pumpkin Soda Bread

Pumpkin Soup

Toasted Pumpkin seeds

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Session overview

Lesson objectives

1. Introduce participants to the fact that pumpkin is perfectly edible and delicious and give some suggestions for cooking and storing carvings.
2. Learn how to cook a 2-3 tasty and versatile dishes using pumpkins and other seasonal veg.
3. Get participants talking about food waste year round and ways that they can reduce waste.
4. Get participants cooking together and enjoying preparing and eating healthy, local food.

Starter ideas

Welcome by teacher and a quick group conversation about pumpkins. Plus any health and safety notices – i.e. Fire alarm procedures

Ask: Who carves a pumpkin? Who knows that pumpkins are edible? Who's made bread or soup before? Who is excited about Halloween?

We're here today to share a love of food and great ways to make the most of it. I'm going to introduce you to some simple and delicious dishes that will mop up your pumpkin carving but that you can try year round with whatever you have in the back of your fridge.

If the group doesn't know one another, get them to share their favourite foods and name.

Then Divide group into groups. You will want 4-5 people per team. Each team will make a batch of soup and a soda bread.

Main activity

1. Fill in photoconsent forms.
2. Carve pumpkins (optional)
3. Start by making the soda bread. Once that is in the oven, toast the pumpkin seeds and then make the soup.
4. Toast the pumpkin seeds.
5. Chop the veg and get the soup cooking.
6. Finish cooking the soup and flavour it.
7. Everyone clean down & lay the table.
8. All sit down as a group to eat and talk.
9. Fill out feedback forms.

Table chat

Chat around the table to find out if they enjoyed the session, talk about food waste saving and ways in which pumpkin can be used and stored.

Equipment required

Health and Safety

- First aid kit
- Fire extinguisher
- Fire blanket
- Aprons
- Risk Assessment for the venue – Hubbub can provide a template if necessary
- Working fire alarm

Tableware

- Bowls
- Small plates
- Cutlery
- Glasses

Other

- Camera

Cookware

- Knives - 2 per group (Adult or child friendly)
- Chopping boards - 2 per group
- Large mixing bowls -2 per group
- Sieve – 1 per group
- Wooden spoons -2 per group
- Scales – 1 per group (or sharable)
- Measuring spoons – 1 per group (or sharable)
- Large saucepan + lid – 1 per group
- Stick blender or food processor
- Baking tray one per group + 1
- Oven

Resources

- Hubbub can design recipes from the session with the tips on the back to be taken home by all participants
- Photo consent form templates
- Risk assessment templates

Simple soda bread

(Makes 2 loaves)

NB – when buying ingredients, double the quantities.

Ingredients

Serves 4-5

- 500g wholemeal flour
- 2 tsp sea salt
- 1 tsp bicarbonate of soda
- 400ml whole milk
- 1 lemon, juiced
- 2 tsp honey
- 50g of grated pumpkin carving (optional)

Method

1. Heat oven to 200C/180C fan/gas 6.
2. Weigh and sieve ingredients.
3. Mix together the flour, salt and bicarb in a bowl. And if you'd like to go wild, add 50g of grated pumpkin carving.
4. Mix together the milk and lemon juice in a jug, and wait for a minute as it magically turns into buttermilk. Then stir in the honey, and simply pour it into the flour mixture. Stir it with a knife for a minute until the whole thing comes together into a sticky dough.
5. Tip onto a floured work surface and shape it into a ball.
6. Put the ball on a floured baking tray and, using a sharp knife, make a deep cross on top.
7. Put in the oven and bake for 40 mins.
8. Cool on a wire rack until warm, then slice and serve with your soup!

Simple pumpkin soup

Toasty and hearty, this simple yet delicious pumpkin soup is perfect after carving the pumpkins with your family and friends.

NB – when buying ingredients, double the quantities.

Ingredients

Serves 4-5

- 250g butter
 - 1 small onion, diced finely
 - 1 clove of garlic (optional)
 - 800g pumpkin, peeled and cut into chunk –any pumpkin or gourd will do
 - Carrots, potatoes (optional)
 - 1 tsp runny honey
 - Salt and black pepper, to taste
 - 100ml single cream or crème fraiche
 - 2 tbsp freshly chopped coriander or parsley (optional)
 - Approx. 15g grated root ginger – a knob the size of an adult thumb
 - 1 Vegetable Stock Cube/ Vegetable Stock Pot dissolved in 750ml boiling water
- TOPPINGS
- Pumpkin seeds saved from pumpkin, Drizzle of cream, Salt, to taste, Pepper, to taste

Method

1. Preheat the oven to 200oC Lay foil on an oven safe dish and spread the pumpkin seeds, add a splash of olive oil, salt, and pepper to taste. Put in oven to toast for 40 minutes.
2. Melt the butter in a large saucepan. Add the onions, and cook on medium heat for 3-4 minutes until the onions soften but do not brown. Then add the garlic if using, and the pumpkin, carrots and potato.
3. Add the honey, ginger, and vegetable stock and bring to the boil. Simmer for 15-20 minutes until the pumpkin is soft.
4. Stir in most of the single cream and place in a food processor. Blend until smooth. Alternately use a stick blender. Season to taste with black pepper.
5. Serve garnished with a swirl of the remaining single cream, a sprinkle of coriander if desired, and the toasted pumpkin seeds.



Roasted pumpkin seeds

Don't throw away those seeds. They're not only tasty with soups and salads and a convenient snack, they're also a superfood; very rich in zinc. They contain plant compounds known as phytosterols, and free-radical scavenging antioxidants, which can give your health an added boost. Here's a recipe to preserve them and make them super tasty.

Method

1. To prepare the pumpkin seeds for roasting you have to remove all pumpkin flesh. We would recommend putting all pumpkin seeds into a sieve, running them under water and separating the seeds from the stringy stuff which then goes into the compost while the remaining seeds.
2. When the pumpkin seeds are clean, they can then be simmered. Follow the ratio of 2 cups of water and one tablespoon of salt per $\frac{1}{2}$ cup of pumpkin seeds and then place the seeds and the salt water in a saucepan over a medium heat.
3. Simmer the pumpkin seeds in the water for 10 minutes, then drain off the water.
4. Preheat the oven to 200°C and prepare a baking tray with a baking sheet brushed with olive oil.
5. Spread the seeds out evenly in a single layer on the tray and bake at the top of the oven until the seeds begin to brown (5-20min) - the time will depend on the oven and the size of the seeds so keep an eye on the oven to avoid them burning.
6. When ready let them cool on a rack before serving or storing so they retain their crunch. Remove shells before eating

Why do we run the Pumpkin Rescue?

22 million pumpkins are due to be left uneaten this Halloween. This is a fraction of the 6.6 million tonnes wasted by households each year. The campaign points to simple ways to make the most of the humble pumpkin and start to fight food waste year-round. You can find simple resources for cutting your food waste at home at www.hubbub.org.uk/eat-your-pumpkin

Thanks for taking part in the campaign this year!



