



CHEESY PUMPKIN PASTA

Season: Winter
From the garden: Pumpkin, leek, rosemary, garlic
Type: *Main*
Difficulty: *easy*
Serves: *30 small tastes on a side plate*

Source:

<https://www.prevention.com/food-nutrition/healthy-eating/g20478385/5-pumpkin-recipes/>

Equipment

- Chefs' knives
- Chopping boards
- Tablespoon
- Pastry brush
- Baking Tray
- Baking paper
- Food processor or blender
- Large saucepan
- Colander or sieve
- Garlic mincer
- Measuring cup
- Large frying pan
- Wooden spoon
- Cheese grater
- Large serving bowl

Ingredients

- * 1 small pumpkin to make at least 1c of puree
- * Water
- * 1 leek
- * Sprigs of rosemary (to make about 1 Tbsp)
- * 4 cloves garlic
- * 1 Tbsp cooking oil
- * 1 Tbsp butter
- * 65g (½ c) cheese
- * 250g pasta

Method - pumpkin puree

**** NB: Puree has been prepared in advance for today's session. Start at main method**

1. Pre-heat the oven to 190 degrees
2. Slice a small pumpkin in half, crosswise through the stem, scoop out the seeds and strings and discard them.
3. If the pumpkin is large, cut into smaller pieces. Brush the cut sides with a little cooking oil and place, cut-side down, onto a roasting tray lined with a sheet of baking paper.

4. Roast, uncovered, for 40-60 minutes, or until tender.
5. Allow to cool then scrape the soft pulp from the skin into a food processor or blender. Discard the skin. Pulse until evenly pureed.
6. Leftover puree may be kept in the fridge for 4-6 days or may be frozen in an airtight container or zip-top bag for 10 to 12 months.

Main method

1. Bring a large saucepan of water to the boil and cook pasta according to the packet directions. When cooking time has been reached, check that it is 'al dente' - 'firm to the bite'.
2. Meanwhile, wash and finely slice the leek, wash and finely chop the rosemary and peel and mince the garlic. Set aside.
3. Heat butter and oil in frying pan over medium heat. Add the chopped leek, chopped rosemary, and minced garlic. Cook, stirring, until softened, approx 2-3 minutes.
4. Stir in 1 cup of pumpkin puree and 1 cup of hot water (or pasta cooking water), adding more if necessary to reach desired consistency. Simmer until just thickened.
5. Meanwhile, grate cheese and set aside.
6. Pour the pumpkin sauce over cooked, drained pasta and top with grated cheese.
7. Serve immediately

Adding different spices will change the type of pumpkin puree you've made. Here are two different flavors you can make.

- Savory Pumpkin Puree: Add butter, salt, and pepper to taste to the pumpkin puree. Add brown sugar for a sweeter side dish. Makes a great menu substitution for mashed potatoes.
- Pumpkin Pie Puree: Add cinnamon, nutmeg, cloves, and brown sugar to the pumpkin puree.

Skills: Being safe around boiling water, time keeping, developing an understanding about pasta 'al dente', slicing finely, developing an understanding about simmering until thickening occurs.

Additional notes:

- Pumpkins are from the squash family and are native to North America. They are often referred to as 'Winter squash', in fact, in England and North America the term 'pumpkin' refers only to round, orange varieties. In NZ and Australia, *pumpkin* can refer to winter squash of any appearance.
- The word *pumpkin* originates from the word *pepon* (πέπων), which is Greek for "large melon", something round and large.
- They are grown widely and are used not only for food, but also recreationally (carved as jack-o'-lanterns for decoration around Halloween).
- "Giant pumpkins" are a large squash that can exceed 1 tonne in weight. The variety arose from the large squash of South America through the efforts of botanical societies and enthusiast farmers