



brain
boosting foods

PUMPKIN

SEEDS

APR

RECIPE BOOKLET

A top-down view of a grey textured surface. In the top left is a round, golden-brown bread roll. Next to it is a small bunch of fresh green basil leaves. To the right is a heart-shaped metal cookie cutter. Further right is a small piece of bread and a few pumpkin seeds. At the bottom, a large, hollowed-out pumpkin is visible, with more seeds scattered around it.

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PUMPKIN SEEDS

As the name suggests, pumpkin seeds are seeds of pumpkins which belong to the Cucurbita family just like watermelon, cucumber, cantaloupe and butternut squash. Pumpkin seeds have a supple, crusty texture, subtle sweetness and a nutty flavour.

Pumpkins were first originated in Central America around 7500 years ago and so were the seeds. In the 15th century, a certain Christopher Columbus discovered pumpkin fields and brought varieties of pumpkins and pumpkin seeds to Europe.

In the 18th-century pumpkin seeds uses and pumpkin seeds benefits had spread across the countries and led to an increase in pumpkin cultivation and trade. This century also gave pumpkin seeds a significant place in the field of pharmacy and medicines.

By the end of the 19th century, different species of pumpkin seeds were mutated, which resulted in the growth of no peel pumpkin seeds and was a drastic success.

Today, diversified species of pumpkin seeds are produced, exported and imported globally. Pumpkin seeds use, benefits and nutrition has gained popularity worldwide and are now common place in every cuisine.

We have put together this recipe pack of many fantastic pumpkin seed dishes for you to try with your teams and customers. Be sure to keep us up to date with great photos and let us know which ones are your favourites.

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PUMPKIN SEED WHOLEMEAL LOAF

SERVES



1 loaf

ALLERGENS



Wheat, Sulphur Dioxide, Egg, Gluten

INGREDIENTS



- 400g strong white bread flour
- 200g wholemeal flour
- 7g fast-action dried yeast
- 1tbsp. black treacle
- 20ml vegetable oil, for greasing
- 50g mixed seeds pumpkin, sunflower & poppy
- 1 egg yolk, loosened with a fork

METHOD



1. Combine both flours in a large bowl with the yeast and 1 tsp fine salt. Mix the treacle with 250ml warm water until well combined. Stir into the flour to make a slightly sticky dough. If you need to add more water, splash it in a little at a time.
2. Knead the dough on a lightly floured surface for 10 minutes. The dough should be smooth and elastic when it's ready. Place the dough in a lightly oiled bowl, flip the dough over to coat it in oil, then cover with a sheet of oiled cling film. Leave in a warm place until doubled in size. Lightly oil a 900g loaf tin.
3. Once doubled in size, knead the dough again for approx. 4 minutes to knock out the air bubbles – add most of the seeds and work these into the dough as you knead. Shape the dough into an oval roughly the same length as your tin. Place in the tin and leave to prove, covered with oiled cling film, for approx. 40 minutes until it has nearly doubled in size again. Heat oven to 180°C.
4. Gently press a finger into the loaf to check if it has had enough proving time. When it's ready, glaze the top of the loaf with the egg yolk and sprinkle over the remaining seeds.
5. Bake in the oven for approx. 40 minutes until golden brown – if you tip the loaf out of the tin and tap the bottom, it should sound hollow.
6. Leave to cool on a wire rack for at least 30 minutes before slicing.

CRUNCHY CABBAGE SALAD

SERVES



Ten

ALLERGENS



Sulphur Dioxide,
Celery

INGREDIENTS



- 500g red cabbage , shredded
- 300g carrots, grated
- Parsley, small handful, chopped
- 4 apples, quartered, cored and sliced
- 8 radishes, sliced
- 2 celery sticks, sliced

- 100g pumpkin seeds
- 60g sunflower seeds

For the dressing:

- 4tsp. ginger, peeled, grated
- 2tsp. clear honey
- 60ml lemon juice
- 100ml pomace olive oil

METHOD



1. Prepare all the ingredients for the salad and mix them in a large bowl.
2. Put all the dressing ingredients into a small bowl. Season and whisk until slightly thickened. Pour over the salad and toss until evenly coated.

PUMPKIN SEED COOKIES

SERVES



Ten

ALLERGENS



Wheat, Oats, Barley,
Soya, Milk, Egg,
Gluten

INGREDIENTS



- 120g stork
- 75g light brown sugar
- 75g caster sugar
- 1 egg, free range
- 1tsp. vanilla essence
- 130g plain flour
- 3tbsp. cocoa powder
- ½tsp. bicarbonate of soda
- 50g toasted pumpkin seeds
- 150g dark chocolate, cut into chunks
- Lo salt, pinch

METHOD



1. Heat oven to 160°C and line two baking sheets with parchment. Cream the stork and sugars together until very light and fluffy, then beat in the egg and vanilla. Once combined, stir in the flour, cocoa powder, bicarb, chocolate, pumpkin seeds and ¼ tsp salt.
2. Scoop 10 large tbsps. of the mixture onto the trays, leaving enough space between each to allow for spreading. Add a pinch of flaky sea salt before baking. Bake for approx. 10 minutes, until firm at the edges but still soft in the middle. Leave to cool on the tray for a few mins before eating warm, or transfer to a wire rack to cool completely.



PUMPKIN SEEDS

RAISIN, PUMPKIN SEED & CARAMEL FLAPJACKS

SERVES



Ten

ALLERGENS



Wheat, Oats,
Soya, Milk, Gluten

INGREDIENTS



- 250g stork
- 90g caramel
- 50g caster sugar
- 350g rolled oats
- 85g self-raising flour

For the topping:

- 300g caramel
- 50g butter, salted
- 25g pumpkin seed
- 50g raisins
- 25g dark chocolate chips

METHOD



1. Heat oven to 140°C and line a 22cm square cake tin with baking parchment. Melt the stork, caramel and sugar in a large saucepan, then tip in the oats and flour. Stir well, making sure every oat is covered in the mixture, then tip into your cake tin and press down firmly with the back of a spoon to level the surface. Bake for approx. 40 minutes.
2. Tip the remaining caramel and butter into a small saucepan, and bubble for 5 minutes, stirring continuously, until the mixture turns dark golden brown and thickens a little. When the flapjacks have finished cooking, remove them from the oven and pour over the hot caramel. Leave to cool for 5 minutes, then scatter with the seeds, raisins and chocolate chips.
3. Leave to cool completely in the tin before cutting into squares.

CHINESE SPICED SEED MIX (FLAVOUR ZONE)

SERVES



Ten

ALLERGENS



Egg

INGREDIENTS



- 2 egg white
- 4tsp Chinese five-spice powder
- 1tsp. lo salt
- 160g sunflower seeds
- 160g pumpkin seeds

METHOD



1. Heat oven to 130°C.
2. Lightly whisk egg white, then add Chinese five spice and salt. Add sunflower and pumpkin seeds, and coat well. Spread out in a single layer on a lightly oiled baking sheet and bake for 12 minutes. Cool before eating.



PUMPKIN SEEDS

PUMPKIN SEED BUTTER

SERVES



Ten

ALLERGENS



None

INGREDIENTS



- 200g pumpkin seeds
- 2tbsp vegetable oil
- 1tsp agave nectar
- Sea salt, pinch

METHOD



1. Tip the pumpkin seeds into a frying pan in a single layer and toast on a low heat for approx. 6 minutes, tossing every few minutes to toast both sides, until they're turning golden and smell nutty.
2. Remove from the pan and leave to cool completely.
3. Tip into a food processor and blitz to a fine powder, this may take up to 10 minutes, so if your blender gets very hot, turn it off and let it cool down before continuing.
4. Drizzle in the oil and a pinch of sea salt flakes and blend again until you make a smooth paste. Add the agave nectar and blend again.
5. This can be spread on toasted bread and topped with whatever you would like.

RED ONION, GARLIC & PUMPKIN SEED FOCACCIA

SERVES



1 gastro

ALLERGENS



Wheat, Gluten

INGREDIENTS



- 1kg strong white bread flour
- 20g io salt
- 20g yeast
- 150ml pomace olive oil
- 720ml cool water
- 250g red onion, thick slices, roasted and cooled
- 20g garlic, peeled and sliced
- 10g sea salt, pinch
- Rosemary, sprigs

METHOD



1. Put the flour, yeast and salt in a bowl of a stand mixer with the oil and water
2. Mix on a medium speed for around 8 minutes to produce a wet, elastic dough. Turn out onto an oiled gastro, mix in the roasted onion, pumpkin seeds and garlic slices and then cover with cling film. Leave in a cool part of the kitchen to rise for at least an hour until doubled in size.
3. Line a shallow gastro with parchment, and spread oil over the parchment. Fold the proved dough from 4 directions, as if North, South, East and West, then lift gently into the lined gastro, with the seam on the bottom. Stretch the dough to roughly cover the base – it will find its own level as it proves for a second time.
4. Smear the top with oil, and then cover with cling film. Leave to prove for an hour.
5. Pre-heat the oven to 200°C.
6. Push indentations into the dough with your fingers. Sprinkle the top with more oil, sea salt flakes and rosemary.
7. Bake for around 10minutes at 200°C, then turn the oven down to 180°C, and bake for a further 15 minutes.
8. Remove from the oven and put on a cooling wire.
9. Drizzle more oil over the bread to soak in.



PUMPKIN SEEDS

BANANA & PUMPKIN SEED MUFFINS

SERVES



Ten

ALLERGENS



Wheat, Milk,
Egg, Gluten

INGREDIENTS



- 250g wholemeal flour
- 250g plain flour
- 4tsp baking powder
- 200g dark brown sugar
- Pumpkin seeds, small handful
- 50g sultanas
- 200ml oil
- 6 bananas, mashed
- 4 eggs, free range
- 60ml milk, semi skimmed

METHOD



1. Heat the oven to 160c. Line 6 holes of an oiled non-stick muffin tin with squares of greaseproof paper.
2. Mix the flours together, add the baking powder, dark brown sugar, pumpkin seeds and sultanas. Add the oil, mashed bananas, eggs and milk. Fold it all together with a spoon.
3. Divide the mixture between the muffin holes. Fill them to the top, sprinkle on a few extra pumpkin seeds and bake for approx. 20 minutes, until the muffins are cooked through.

PUMPKIN SEED & NUT FREE PESTO BREAD

SERVES



1 loaf

ALLERGENS



Wheat, Milk,
Gluten

INGREDIENTS



- 400ml tepid water
- 1½tsp. caster sugar
- 15g active dried yeast
- 325g strong white bread flour
- 175g wholemeal bread flour
- 10g sea salt
- 45g parmesan cheese, grated
- 45g pumpkin seeds - coarsely chopped
- 150ml nut free pesto

METHOD



1. Put 150ml of the water into a cup, whisk in the sugar and the dried yeast with a fork, and leave somewhere warm for approx. 10 minutes, until covered in a thick layer of froth.
2. Sift the white flour, wholemeal flour and salt into a bowl and stir in any bran left in the sieve.
3. Add the yeast mixture and the remaining hand-hot water and stir together until well mixed, then knead for 10 minutes until smooth and elastic. Cover and leave in a warm place to rise for 1 hour, until doubled in size.
4. Turn the dough out onto a lightly floured surface, knock out the excess air, and knead once more until smooth.
5. Divide into 2 equally sized pieces. Roll each piece out into a 25 x 15cm rectangle. Spread half of the pesto over each piece of dough leaving a 1cm edge.
6. Starting with one long edge, tightly roll up each piece of the dough, pinching the edges together as you go, then pinch the final seam closed.
7. Using a large sharp knife, cut each roll lengthways in half, and then twist the 2 pieces together again, keeping the pesto seam uppermost. Lay the twists side-by-side in the lightly oiled stoneware dish and sprinkle with the parmesan cheese.
8. Cover the dish loosely with a sheet of cling film, and leave in a warm place to rise for 45 minutes until doubled in size, the dough has filled the dish and is almost touching the cling film.
9. Shortly before baking, preheat the oven to 160°C. Sprinkle the top of the bread with the pumpkin seeds and bake for approx. 40 minutes until golden brown and cooked through.



PUMPKIN SEEDS

BUTTERNUT, PUY LENTIL, RED ONION & PUMPKIN SEED SALAD

SERVES



Ten

ALLERGENS



Sulphur Dioxide,
Mustard, Gluten

INGREDIENTS



- 2 red onions, sliced into 1cm-thick discs
- 100ml pomace olive oil
- 200g puy lentils, cooked
- 1tbsp. balsamic vinegar
- 1 butternut squash, peeled and cut into chunks
- Thyme, few sprigs
- 30g pumpkin seeds
- 2tsp. hot smoked paprika
- 1tbsp. red wine vinegar
- 1tsp. Dijon mustard, or to taste
- ¼tsp crushed garlic, or to taste
- 150g mixed salad leaves
- Lo salt, pinch
- Ground black pepper, pinch

METHOD



1. Heat the oven to 190°C. Keeping the onion discs whole, place them in a roasting tin and drizzle with a tablespoon or two of olive oil, the balsamic vinegar and a splash of water. Season with salt and pepper. Cover the tin with foil and roast for 25 minutes, until the onions are soft and sweet.
2. Place the squash chunks in another roasting tin, toss with a further tablespoon or so of oil to coat and a good sprinkling of salt and roast for around 30 minutes, until tender and lightly caramelised, throwing in the sprigs of thyme halfway through the cooking time.
3. Once the squash and onions are cooked set aside to cool fully.
4. Place the pumpkin seeds in a small pan with a teaspoon of olive oil, a pinch of salt and a pinch of paprika. Toast over a medium heat, stirring or tossing frequently, until lightly browned, then transfer to a plate to stop them toasting further.
5. In a small bowl whisk together the vinegars, olive oil, mustard and garlic to taste. Season with salt and pepper. Put the salad leaves in a large salad bowl, pour over the dressing and toss to combine. Scatter over the butternut, lentils, onions and seeds to serve.

APPLE, MAPLE & PUMPKIN SEED CAKE

SERVES



Ten

ALLERGENS



Wheat, Oats, Barley,
Milk, Egg, Gluten

INGREDIENTS



- 115g stork
- 75g light soft brown sugar
- 75ml maple syrup
- 1 egg, free range
- 225g plain flour
- 1½tsp. bicarbonate of soda
- 1tsp. baking powder
- 100g pumpkin seeds
- 250g Bramley apple
- 125g buttery spread
- 290g icing sugar
- 30g pumpkin seeds
- 15g light soft brown sugar

METHOD



1. To make the apple purée, cook 250g peeled and chopped cooking apples with a splash of water in a pan with a lid until soft for about 10 mins. Purée with a hand blender or in the small bowl of a food processor.
2. Grease and line the base of a 20cm spring form cake tin with parchment. Heat oven to 160°C. Beat the stork and sugar until light and fluffy. Mix the maple syrup and egg together and gradually add them. Sift the flour with the bicarb and baking powder. Add a good pinch of salt and the seeds. With a large metal spoon, fold the flour into the stork and sugar, alternating with the apple purée. Scrape the batter into the prepared tin. Bake for approx. 40 minutes, until a skewer inserted into the centre comes out clean. Cool in the tin, then turn out onto a rack and peel off the baking parchment.
3. To make the buttercream, beat the buttery spread with the icing sugar until smooth. Gradually add the maple syrup, beating as you do so. Slice the cooled cake in half then, using a spatula, spread half of the icing over the first layer. Add the other layer on top, then top with the rest of the buttercream. Scatter the chopped pumpkin seeds over the top of the cake.
4. Cut into portions and enjoy.



PUMPKIN SEEDS

PUMPKIN SEED & CORIANDER PESTO

SERVES



Ten

ALLERGENS



None

INGREDIENTS



- 50g pumpkin seeds
- Coriander, bunch, chopped
- 50g parmesan cheese
- 8g garlic
- 2g green chillies
- Lo salt, pinch
- Ground black pepper, pinch
- 70ml olive oil

METHOD



1. Place the pumpkin seeds in a food processor and pulse until coarsely chopped. Add in the coriander, parmesan cheese, garlic, chilli, salt and olive oil; cover and blitz until smooth, scraping the sides of the bowl with a spatula as necessary.
2. Remove from the bowl, season and serve.



PUMPKIN SEEDS

SULTANA & PUMPKIN SEED BISCUIT

SERVES



Ten

ALLERGENS



Wheat, Oats,
Milk, Gluten

INGREDIENTS



- 200g self-raising flour
- 200g porridge oats
- 120g stork
- 40g granulated sugar
- 40g light soft brown sugar
- 75ml semi skimmed milk
- 75g honey
- 60ml vegetable oil
- 1tsp ground cinnamon
- Lo salt, pinch
- 25g sultanas
- 15g pumpkin seeds

METHOD



1. Mix all of the dry ingredients together
2. Gently melt milk, honey, stork & veg oil
3. Add the wet mix to the dry mix & stir to form a firm dough
4. Divide mixture into 10 portions, roll into desired shape bake at 180 degrees for approx. 12 minutes or until golden in colour.

CELERIAC RIBBONS, ROCKET, GARLIC & PUMPKIN SEEDS

SERVES



Ten

ALLERGENS



Milk, Celery

INGREDIENTS



- 600g celeriac
- 1 lemon
- 50g pumpkin seeds
- 45ml olive oil
- 25g stork
- Thyme, few sprigs
- 4g garlic
- 3g chilli flakes, crushed
- 150g red onions
- 200g rocket
- 30g parmesan
- Lo salt, pinch
- Ground black pepper, pinch

METHOD



1. Squeeze most of the lemon juice into a large bowl of cold water and add the celeriac ribbons.
2. Dry-fry the pumpkin seeds in a frying pan over a medium heat until they've puffed up and popped. Set aside.
3. Bring a large saucepan of salted water to the boil, add the celeriac and cook for 1 minute. Drain, refresh, drain well and chill the celeriac.
4. Heat the stork in a frying pan over a medium heat. When the stork has melted add the thyme, garlic sliced red onion and chilli flakes and cook for approx. 2 minutes until fragrant and almost golden. Remove from the heat, slide onto a clean plate and set aside to cool.
5. When everything is cold, mix together with the rocket, lemon zest and season.
6. Place in a salad bowl and sprinkle with the parmesan and pumpkin seeds to serve.

CHEDDAR & PUMPKIN SEED SCONES

SERVES



Ten

ALLERGENS



Wheat, Milk,
Egg, Gluten

INGREDIENTS



- 1 egg, free range
- 100ml semi skimmed milk
- 250g self-raising flour
- ½tsp. cayenne pepper
- 60g butter
- 85g cheddar, grated
- 15g pumpkin seeds
- ½tsp lo salt

METHOD



1. Preheat the oven to 200°C. Lightly oil a baking sheet. Beat the egg in a measuring jug and add enough milk to make 150ml liquid in total.
2. Sift the flour, cayenne pepper and a pinch of salt into a food processor. Add the butter, blitz whiz to fine crumbs, and then tip the mixture into a bowl. Otherwise, sift the flour mixture into a bowl and, using your fingertips, rub the butter into the flour until it resembles fine breadcrumbs.
3. Mix the cheese thoroughly into the 'crumb' mix. Stir in the egg and milk until it forms a soft dough. Turn out on to a lightly floured surface and lightly knead the dough until it is just smooth.
4. Roll out the dough evenly to about 2-2.5cm thick. Using a 6cm diameter scone cutter, quickly stamp out your scones. Place on the baking sheet. Gather the scraps together, re-roll and cut out more scones.
5. Brush the top of the scones with a little milk. Scatter a few pumpkin seeds over each scone and very lightly press them into the dough. Immediately place in the oven and bake for approx. 20 minutes, until well risen and golden.
6. Cool on a wire rack.