

Pumpkin Duet

Prep time: 30 mins

Cooking time: 30 mins

Serving suggestion: as main

Ingredients:

Pumpkin (Kent) 300g
White dumpling pastry 12 pieces (round)
Pumpkin seeds 40g (roasted)
Sultanas 20g
Pear 60g (diced)
Baked pumpkin (from above) 80g (diced)
Black pepper (crushed) Pinch
Salt Pinch



Cooking Method:

1. Cut pumpkin into half moon shapes, pre heat oven to 180°C, put pumpkin on tray and bake for about 25 mins or cooked. Remove from oven, and dice 80g of baked pumpkin, all set aside.
2. Mixed pumpkin seeds, sultanas, diced pear, diced pumpkin, crushed black pepper, and salt to form the filling for dumpling.
3. Put a spoonful of filling on a piece of pastry, place another piece of pastry on top of filling, then use water to seal the edges of both pastries, use a folk to press on the edges to securely seal the dumpling.
4. Heat water to boil, place dumping into boiling water for about 7 mins, remove from water.
5. Heat pan with 1Tbs of oil, in low heat, place cooked dumplings into pan to sizzle till the outer pastry turn lightly crusty.
6. Remove and ready to serve with the other half of baked pumpkin.

Sauce:

White palm sugar 200g
Water 100ml
Mint leaves 30g
Ginger 10g
Light soy sauce 2 Tbs
Roasted peanut 40g
Small red chilli 5g
Lemon juice 2Tbs

Method:

1. Place white palm sugar and water into a sauce pan, bring to boil then lower heat to cook until caramelised, set aside to cool.
2. Put the above and other ingredients into a drink blender, blend till everything mixed well, remove and serve as sauce for dumplings.