

PUMPKIN BREAD



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- Sub Category Name
Food
Desserts

- Recipe Source Name
Real High Tea 2014/15 Volume 2

Ingredients

PUMPKIN BREAD

- 1¼ cups flour
- 1 tsp salt
- ½ tsp ground nutmeg
- ½ tsp ground cinnamon
- ½ tsp ground ginger
- 1 ½ cups sugar
- ½ cup roasted and crushed pumpkin seeds
- 1 tsp baking soda
- 1/3 cup water
- ½ cup oil
- 1 cup cooked pumpkin
- 2 eggs

Pedro Ximenez Prunes

- 1/2 cup sugar
- 1 cup prune juice
- 3 star anises
- 100ml Pedro Ximenez Sherry
- 300g pitted prunes, chopped

Pedro Ximenez and Pumpkin Seed Jelly

- 300ml prune syrup (from above)
- 2g agar-agar
- 1g gellan
- 2 tbsp crushed, toasted pumpkin seeds

Methods and Directions

PUMPKIN BREAD

- Preheat oven to 180°C. Grease and flour the loaf tins before making the mix. (The quantity given in the recipe will make 2 loaves.)
- To cook the pumpkin, roast with the skin on.
- Place it on the tray skin side up. Cook till very soft.
- Scoop out cooked pumpkin and mash while still warm. Leave to cool.
- Place all dry ingredients in a bowl and make a well in the centre.
- Mix together all the wet ingredients and pour into the well. Gently mix to make a batter and pour into lined loaf tins.

Pedro Ximenez Prunes

- Bring sugar, prune juice and star anise to a boil. Remove from heat.
- Add the Pedro Ximenez and pour over the chopped prunes. Leave to macerate for at least 2 hours.
- After macerating to infuse with the flavour, pour through a sieve and set the prunes aside for later.
- Measure 300ml of the liquid and set aside for the jelly.
- Return the rest of the liquid back into the prunes.

Pedro Ximenez and Pumpkin Seed Jelly

- Bring prune syrup, agar-agar and gellan to a boil, whisking while heating. Boil for 1 minute.
- Remove from the heat and pour onto a plastic tray, which has been sprayed with baking spray.
- Sprinkle with the crushed pumpkin seeds and leave to set. Chill till cold, then cut.