

# Pumpkin Recipes

## Pumpkins are surprisingly versatile!

So why not take the opportunity this season to sample some of Karl Sergison's recipes, all made with ingredients available from Spalding's market and town. Cookery demonstrations will take place throughout the day at the Red Lion Quarter where Karl will join Boston College with Sage restaurant to show you how to make healthy and delicious pumpkin based food.

Why not visit Sage restaurant for one of their pumpkin themed special dishes.

Pumpkins can be cooked in a number of ways; baked, boiled, micro-waved or roasted whole and can be used for a number of sweet and savoury meals or treats.



To get you started, here's Karl's recipe for Sweet Pumpkin Pie

### Ingredients

500g sweet pastry, 1kg pumpkin cut into large chunks with seeds removed, 50g butter melted, 100g caster sugar, 4 level tablespoons plain flour, 1/4 tsp grated nutmeg, pinch ground cinnamon, 2 tsp vanilla extract, 3 large eggs.

### Method:

Pre-heat your oven to 180c/ gas mark 4, place your pumpkin chunks into the oven on a greased baking sheet, not too much oil, just enough to stop them sticking, and bake for about 40-50 mins.



Meanwhile line and bake blind the sweet pastry in a 25cm tart tin. When cooked, remove from oven and allow to cool slightly.

Now when the pumpkin is soft remove from oven and peel off the skins and place in a large bowl and mash them up. Melt your butter on a low heat and add to your pumpkin along with the sugar, flour, nutmeg, cinnamon and the vanilla extract. Whisk 2 eggs in a separate bowl and add to the mixture, then mash everything together until well mixed. Now spoon your pumpkin mixture into the cooled pastry tin and spread evenly with the back of a spoon.

You should have some trimmings left over from your pastry, use these to make long strips and place over the top of the pie mixture to make a nice lattice pattern to tidy up the sides. Beat the remaining egg up and brush over the pastry. Put the pie into the oven still on 180c/gas mark 4 for 45-50mins, until golden and lovely.

Allow to cool and serve with some maple syrup flavoured cream and enjoy.

## Spalding's award-winning pumpkin Festival

Organised by South Holland District Council

Sponsored by David Bowman Ltd

Supported by Spalding Welland Centenary Rotary Club

Sponsors:



**David Bowman Ltd**  
**'The Pumpkin People'**

[www.david-bowman.co.uk](http://www.david-bowman.co.uk)

Spalding is home to one of Europe's largest Pumpkin Producers - David Bowman. From his farm he grows and sells over two million pumpkins each year! David Bowman kindly provides thousands of free pumpkins to schools and to local charities for the event which celebrates the harvest of the pumpkin crop in October.

Partners:



**Spalding Welland Centenary Rotary Club**

[www.welland100.org.uk](http://www.welland100.org.uk)

The Spalding Welland Centenary Rotary Club is delighted once again to be working with South Holland District Council to deliver this year's Pumpkin Festival. The Club aims to do things a little differently whilst maintaining Rotary's tradition of community service and fundraising.



[www.sholland.gov.uk](http://www.sholland.gov.uk)



[www.boston.ac.uk](http://www.boston.ac.uk)



[www.tulip-radio.org](http://www.tulip-radio.org)

For further information please contact the Tourist Information Centre on 01775 725468  
[www.sholland.gov.uk/leisure/SpaldingPumpkinFestival](http://www.sholland.gov.uk/leisure/SpaldingPumpkinFestival)



Pumpkin Fields



Pumpkin Carving



Fireworks

**Friday 7th October**

**10am - 9pm**

**Free entertainment all day!!!**

# Spalding Pumpkin Festival '11

**A celebration of local horticulture and harvest**

# The Great Award-Winning Spalding Pumpkin Festival

## Day Time Itinerary



### Sheep Market

11am - 9pm

Children's Fairground attractions



### Farming matters!

Farmer Johnny Ball of the NFU roadshow will be bringing his tour to the festival, explaining to children and adults why farming matters.



### Hall Place

10am - 9pm

Support and find out more about local charities by purchasing a selection of treats from pumpkin-themed stalls, selling pumpkin soups, cakes, cookies, pies and much more!

Be entertained and interact with a variety of street entertainers.



Fool Hardy Circus Clowns



Farmer Johnny Ball

## Evening Itinerary

Compered by Tulip Radio 107.5fm

**ALL FREE!**

### 4pm - 7.30pm: Live music from local bands:

**Romantic Idols** - Indie trio - winners of the Lincolnshire battle of the bands 2010.

**Kamikaze Hotshots** - Lively Lincolnshire lads bringing their unique punk n roll sound to Spalding.

**The Wellocks** - Local indie band who just wanna play you some tunes!

**Megz McPartlin** - Talented young acoustic guitarist/singer from Spalding.



### 6.30pm SPALDING PUMPKIN PARADE

The South Holland Flower Queen leaves the Sheep Market in her magical pumpkin coach, followed by ... you! All are welcome to take part in this fantastic experience. Bring your pumpkin and join this enchanting parade! (See map)

### 6.30pm

Cookery Demonstrations (Red Lion Quarter)

### 7.30pm

Spectacular Firework Display



### 5.30pm

Fancy dress competition (Hall Place)



### 6pm

Fancy dress competition winners announced

### 8pm

Headline band **Wild Boys** covering only the very best songs from the 1980s. Dancers will lead the way for you to join in and finish the day in style!



Wild Boys

### 9pm

Event closes

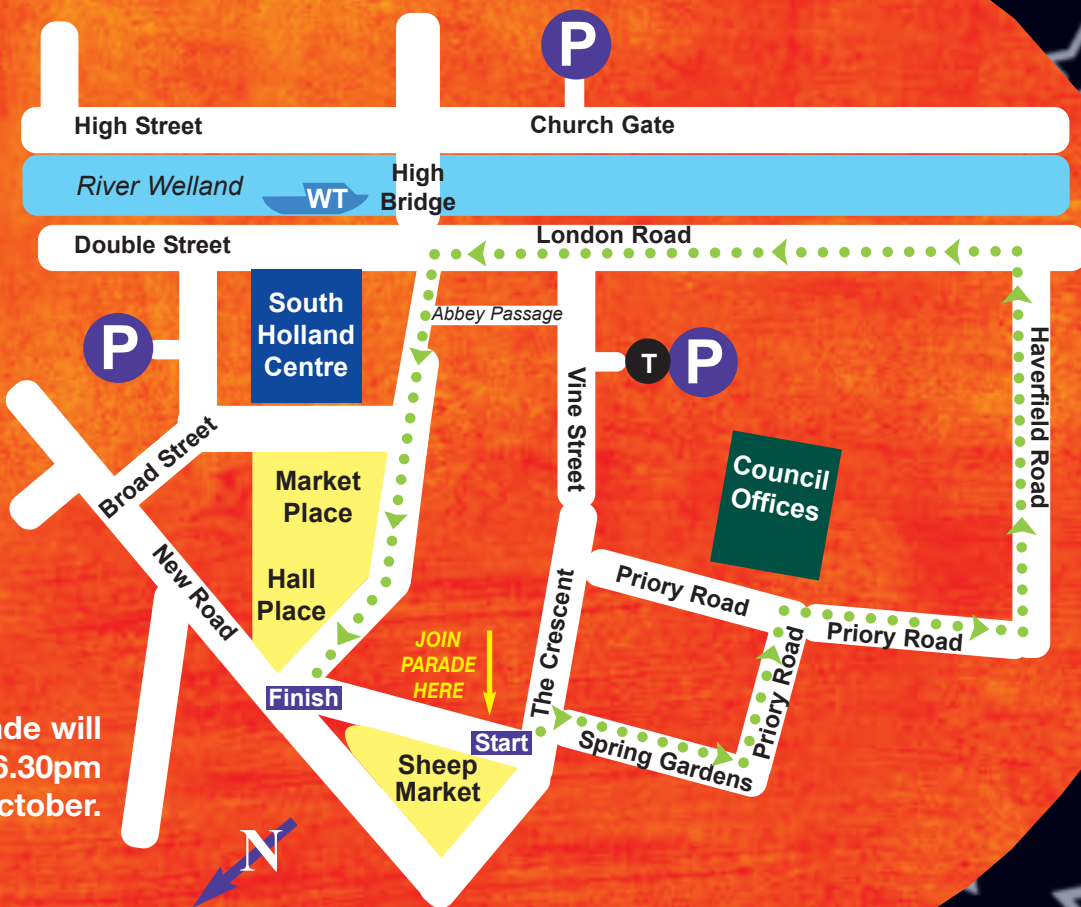
For a good view of the fireworks why not try the riverside?

## SPALDING TOWN CENTRE

**SOUTH HOLLAND DISTRICT COUNCIL**

KEY

- Parade Route
- Water Taxi
- Toilets



Please join the parade with your pumpkin lanterns at 6.20pm behind the Pumpkin Coach.

The parade will start at 6.30pm Friday 7th October.