



Pumpkin & Honey

Season: Autumn

Serves: 30 tastes in the classroom or 1 loaf

Fresh from the garden: pumpkin

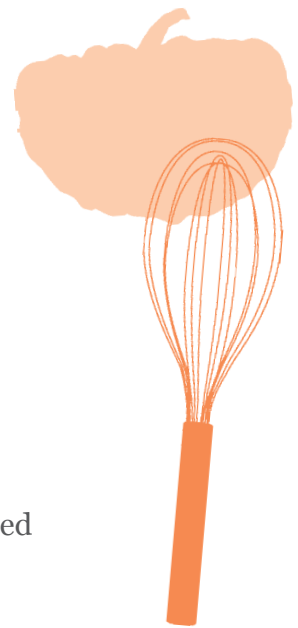
Pre-prepare the pumpkin by steaming $1\frac{1}{4}$ cups of 1 cm cubes for 10–15 minutes, then mashing with a fork.

Equipment:

metric measuring cups and spoons
22 × 13 cm loaf pan
bowls – 2 large, 1 small
fine grater
whisk
spatula
toothpick
steamer
wire cooling rack
bread knife
serving platters

Ingredients:

olive oil, for greasing
 $1\frac{1}{4}$ cups whole-wheat flour
 $\frac{1}{2}$ cup plain flour
1 tsp baking powder
 $\frac{1}{2}$ tsp baking soda
 $\frac{3}{4}$ tsp sea salt
1 tsp ground cinnamon
2 tsp freshly-grated nutmeg
 $\frac{1}{4}$ tsp ground cloves
 $\frac{1}{4}$ tsp ground ginger
 $1\frac{1}{4}$ cups pumpkin, cooked as above
 $\frac{1}{2}$ cup extra-virgin olive oil (or melted coconut oil)
 $\frac{1}{2}$ cup honey (or maple syrup)
2 eggs, at room temperature
3 tbsp pepitas
2 tbsp sunflower seeds



What to do:

1. Preheat the oven to 180°C.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Grease the loaf pan with olive oil.
4. Mix the flours, baking powder, baking soda, salt and spices in a large bowl.
5. Combine the mashed pumpkin, olive oil, honey and eggs in another large bowl, until well-mixed.
6. Add the flour mixture to the pumpkin mixture and whisk to combine. Be careful not to overdo it.
7. Pour the mixture into the prepared loaf tin.
8. Sprinkle with pepitas and sunflower seeds.
9. Bake for 40–45 minutes, until a toothpick inserted in the centre of the bread comes out clean.
10. Rest the loaf in its pan on the wire rack for 10 minutes, then tip it out.
11. Slice the bread and serve on serving platters with **Labna** (page 134).