

Culinary inspiration of the month of October

Pumpkin with cheese & hemp crust

Ingredients for 4 servings:

2 Hokkaido pumpkins
2 cloves of garlic
80 g soft butter
4 tbsp shelled hemp seeds
1 orange
4 tbsp breadcrumbs
60 g mountain cheese
Chili flakes or 1–2 small chillies

Olive oil
Salt and pepper
Nutmeg

Preparation time:
Approx. 40 minutes



Preparation:

Preheat the oven to 220°C. Wash the pumpkins, cut them into quarters, and scoop out all the fibres and seeds. Place each quarter on a piece of aluminium foil. Drizzle with a little olive oil and season with salt, then fold the foil into sealed parcels. Cook in the oven for 20 minutes, until the pumpkin is almost tender.

Peel and finely chop the garlic. Mix the breadcrumbs with the butter, hemp seeds, orange zest and garlic. Grate the cheese and stir it into the mixture. Season with salt, pepper, a little nutmeg and chilli.

Remove the pumpkins from the oven and switch on the grill. Spoon some of the cheese mixture onto each pumpkin quarter and press it down gently. Grill in the hot oven on the top shelf for 5 minutes.

Enjoy your meal!
Sandra, Nicol and the ABC family
and BIOKistl South Tyrol