

# PUMPKIN

DESSERT

MADE FOR HAND AND SEED



# Spiced Pumpkin Icecream



ASTERISK  
K I T C H E N

## INGREDIENTS:

230g Pumpkin puree  
1 Teaspoon vanilla bean seed  
475ml double cream  
185g dark brown sugar  
5 very fresh egg yolks  
1/2 teaspoon cinnamon  
1/2 teaspoon ginger  
1 pinch of salt  
1 pinch ground nutmeg

## METHOD:

- 1\* In a bowl, mix pumpkin puree, vanilla and set aside.
- 2\* Mix 3/4 of cream and 1/2 of sugar, bring to simmer.
- 3\* In another bowl, mix egg yolk, spices and remaining cream and sugar.
- 4\* Remove cream from heat, gradually pour a little into the egg mixture.
- 5\* Place the whole mixture together in a double boiler until the mix is thickened then continue mixing.
- 6\* Pass the mix through a sieve into a bowl, and place into a larger bowl of ice, continue stirring until cool.
- 7\* Stir in pumpkin and mix well. Place in fridge to cool down (1-2 hours).
- 8\* Once cooled, pour mix into ice-cream machine and churn until mix is smooth and ready for freezer (at least 2 hours in freezer).



# Aerated Pumpkin sponge

"40 seconds in microwave"

*What do I need?*

1/2 litre Siphon gun (the only cool looking gun that you charge with gas for whipped cream!!!)

Microwave; Stick blender; Plastic Glass

## INGREDIENTS:

80g Pumpkin puree

120g egg white

80g egg yolk

80g sugar

25g flour

1 teaspoon Vanilla bean seed

## METHOD:

1\* Mix all ingredients with a stick blender.

2\* Put in the Siphon gun and leave in the fridge until next step.

3\* Fill siphon with 2 gas caps and shake well.

4\* Make a small hole in plastic cup.

5\* Fill cup 3/4 full with aerated mix.

6\* Bake in microwave on full power for 40-45 seconds

7\* Cool down then remove from glass.



# Salted Pumpkin Caramel sauce

This is where you can freestyle!

## INGREDIENTS:

### CARAMEL:

200ml thickened cream

*120g sugar*

*75g butter*

*A pinch of river salt*

*(Or use your favorite caramel sauce)*

45g Pumpkin puree

## METHOD:

- 1\* In a small saucepan, melt butter and add sugar while whisking.
- 2\* After a few minutes, look closer at your sugar, it will start browning very quickly.
- 3\* When caramel appears, take off heat and pour the cream, (beware of splashing)!
- 4\* Whisk well until well dissolved.
- 5\* Add pumpkin puree.
- 6\* Cook for a couple of minutes then pour in a bowl until completely cooled down.