



MR HANS

FRESH FAMILY FOOD

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MR HANS FRESH FAMILY FOOD
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Free



Halloween Baked Squash or Pumpkin, stuffed with Gruyere Cheese and Cream (v)

Select any
YOU
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Prep Time: 5 mins

Cooking Time: 2hrs (Approx)

Serves from 2

INGREDIENTS:

- 1 x Squash or Cooking Pumpkin
- Gruyere Cheese
- Double Cream
- Smoked Paprika

EQUIPMENT:

- Oven
- Roasting Tin or Roasting Tray
- Metal Skewer or Thin Sharp Knife (Optional)

EXTRAS:

Sea Salt Flakes & Pepper

CHEAT INGREDIENTS:

- No Cheats

WHY THESE CHEATS?

"No cheats here for this recipe. Just Fresh Family Food" - MR HANS

METHOD:

This is an ideal sharing dish for a cold winter's evening, especially for a Halloween party. The size of the Squash or Pumpkin is down to you. From one only 15cm in diameter that serves 1 to 2 people, up to 50 cm which will serve many. The amount of Cheese and Cream is dependent on the size of the Squash or Pumpkin. (For a 15cm Squash, roughly 170g of Cheese and 200ml of Cream should be about right). The combination of Smokey Cheese and sweet Squash is irresistible when served with Warm, Buttered, Crusty Bread..... or just eaten with a spoon!

TIP: If the Squash or Pumpkin has an uneven base you can use a metal Cake Ring or some scrunched up Aluminium Foil to make it stand upright. Cutting the base to create a flat surface is not recommended as the cheese may leak out during cooking.

PREPARATION

- Preheat the Oven to 180°C or 160°C Fan
- Carefully slice the top off the Squash or Pumpkin thus creating a lid to use whilst it bakes
- Remove all the seeds and pith from inside the Squash or Pumpkin
- Season the inside liberally with Sea Salt Flakes, Ground Pepper and Smoked Paprika (try to cover the inside as much as possible)
- Cut the Gruyere Cheese into small chunks and add enough to fill the Squash or Pumpkin almost to the top
- Now fill the Squash or Pumpkin with Double Cream until it just covers the cheese
- Cover the Squash or Pumpkin with its Lid and place on a Roasting Tray and bake for around 1½ hours*
- Remove from the oven. It is now ready to serve

* After about 1 hour, test for doneness by inserting a metal skewer (or thin sharp knife) into the side of the Squash or Pumpkin; it should go in with ease when it is done

TEMPERATURE

Conventional Oven 180°C or 160°C Fan

Serve with your favorite Crusty Bread for Dipping & Sharing