

Reading Town Meal 2020- Local flavours with familiar faces (Recipe Instructions)



MAIN- STUFFED PUMPKIN SQUASH (BY KEANU LEACH)

Ingredients

4 acorn squash (pumpkin as alternative)
1 large red onion
100g mixed fruit and nuts or seeds (optional)
1*250g packet of cooked mixed grains
1 big bunch of fresh mint
1 tbsp olive oil
Black pepper and sea salt
250ml water

Method

1. Preheat the oven to 190C / 170C fan.
2. Carefully slice the bottom off each squash to help them sit nicely .
3. Cut 20cm from the top and scoop out seeds .
4. Arrange in a roasting tray and season the insides with black pepper and sea salt.
5. Place a frying pan on a medium heat with 1tbsp of olive oil.
6. Peel and finely chop the red onion, add to the frying pan and fry for a few minutes.
7. Roughly chop the fruit and nuts , putting a handful aside for garnish, then add the rest to the pan along with the grains.
8. Toast for a couple of minutes , then add 250ml of water and cook for 2 minutes .
9. Tear the mint leaves in half, give everything a good stir . Divide the mixture between the squash then pop the lids on and bake for 50 minutes.

Equipment

Knife, roasting tray, frying pan, spoon

Cooking Time

50 mins

DESSERT- SIMPLE HUMBLE APPLE CRUMBLE (BY BAILEY PATTON CANNON)



Ingredients

4 large Bramley apples
180g plain flour
125g golden caster sugar
125g butter
2 tablespoons of granulated sugar
200ml of water

Method

1. Preheat oven at 210C / 190C fan.
2. Peel and then slice the Bramley apples and then put them in a medium saucepan with 200ml of water and 2 tablespoons of granulated sugar.
3. Bring to the boil and then simmer until cooked stirring occasionally.
4. Put 180g of plain flour and 125g of golden caster sugar in a bowl.
5. Slice up the 125g of butter and then put it in the bowl with the flour and the sugar, now mix the mixture with your fingertips until the mixture looks like breadcrumbs .
6. Place the cooked apples into the Pyrex dish and then place the crumble mix over the apples. Use the fork to ensure the crumble mixture is spread evenly .
7. Place the Pyrex dish in the oven for about 30 minutes . The apples will be nice and soft when cooked.
8. Leave to cool for about 10 to 15 minutes.

Equipment

A knife, bowl, fork, medium Pyrex dish, peeler, medium saucepan

Cooking time

30 mins