

# Pumpkin Tartlets

## Equipment:

Oven, preheated to 200 degrees C  
Large lidded jar for chia seeds  
Large saucepan with steamer and lid  
Metric scales  
Measuring jug and spoons  
Mini muffin tray  
Peelers  
Chef's knife and cutting board  
Fork  
Mouli or ricer  
Two metal bowls  
Teaspoons  
Serving platters  
Sieve

## Ingredients

200g pumpkin, peeled, and cut into chunks  
(Save the seeds for planting in the garden)  
1 quantity steamed pumpkin, prepared earlier  
1 quantity shortcrust tartlet cases (24 cases)  
35g caster sugar  
1 pinch salt  
1 pinch nutmeg, freshly grated  
1/4 tsp ground cinnamon  
1 Tbsp chia seeds, soaked in 2 Tbsp water  
10g coconut butter melted  
40ml oat milk  
1/2 Tbsp icing sugar



## Method:

### Remember to clean up your workstation as you go

1. Preheat the oven to 200 degrees C.
2. Place the pumpkin in a steamer over a large saucepan of water. Cover with a lid, and steam for 15 mins or until pumpkin is very soft. Let cool. This is for the next class.
3. Push the cooled pumpkin through a mouli or ricer into a large bowl, or mash with a potato masher.
4. In a separate bowl, combine the sugar, salt, nutmeg and **half** the cinnamon. Mix in the soaked chia seeds, melted coconut oil and oat milk, then add to the pumpkin purée and stir to combine.
5. Spoon into the tartlet shells and cook for 5 minutes.
6. Leave to cool for a couple of minutes, then remove the mini pies from the moulds.
7. Plate onto serving platters.
8. Mix the remaining cinnamon with the icing sugar.
9. Hold the sieve over the platters, add the cinnamon-sugar mix and gently shake sieve to dust over the pies.

