

Beckett's Farm

STARTERS

Pumpkin Pate



Method



- 1 onion peeled and sliced
- 2 garlic cloves peeled and sliced
- 2 tbsps rapeseed oil
- 2 tbsps tomato puree
- 8 tomatoes, chopped
- 1 small pumpkin deseeded and sliced
- Salt and pepper

1. Fry onions and garlic in oil until soft, approximately five minutes.
2. Add tomatoes and puree to the pan and season with salt and pepper, simmer the sauce for 10 minutes on a low heat
3. Add the pumpkin to the sauce and cover the pan with a lid, leave to cook for 15-20 minutes or until pumpkin is tender
4. Take pan off the heat and leave mixture to cool. When cool blend ingredients and pour into ramekins, place in refrigerator and leave to set
5. When pate is set serve with granary toast

Note : inclusion of the small Beckett logo indicates that the ingredient can be purchased in Becketts Farm Shop.

