

MasterFoodsTM

PROFESSIONAL

Hasselback Pumpkin
RECIPE

Hasselback Pumpkin



<?xml version="1.0"?>

TIME

50 Mins

INGREDIENTS

9 items

MAKES

6 servings

Perfect recipe for autumn, can be prepped ahead and either served hot or at room temperature as a side dish.

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INGREDIENTS

- 1 medium butternut pumpkin, cut in half lengthways
- 80g butter, melted
- 1/3 cup maple syrup
- 3 tbsp. brown sugar
- 2 tbsp. MasterFoods™ Professional Seeded Mustard
- ½ tsp. MasterFoods™ Professional Ground Nutmeg
- ½ tsp. MasterFoods™ Professional Ground Cinnamon
- ½ cup pecans, toasted and coarsely chopped
- Salt and pepper, to taste

PRODUCTS USED



MasterFoods Professional Cinnamon Ground 480g

[SEE DETAILS](#)



MasterFoods Professional Seeded Mustard 2.5kg

[SEE DETAILS](#)

Cooking Instructions:

1. 1
Preheat oven 180°C.
2. 2
Meanwhile, place two chopsticks either side of one of the pumpkin halves and slice all the way down, ½ cm apart each cut.
3. 3
Repeat on the second half of the pumpkin, then insert sage leaves in the slices.
4. 4
Place the pumpkin on a tray lined with baking paper, cut half side down.
5. 5
Combine the butter, maple syrup, sugar, seeded mustard, nutmeg, cinnamon, and baste the pumpkin with the mix.
6. 6

Roast for 45 minutes to an hour, making sure to continue basting half-way through cooking.

7. 7

Once baked, it'll be tender and soft but still holding its shape. Remove from oven, re-baste and scatter the pecans over before serving.

Tips:

1. 1

This is also great adding blue cheese or crispy prosciutto a few minutes before the end of cooking.

2. 2

Can be a shared side dish or a main dish for any occasion.

More Menu Ideas



[Choc-Berry Bircher Muesli](#)

Cooking time

10 min

Ingredients

11 items

[SEE DETAILS](#)



[Shredded Barbecue Chicken Pancakes](#)

Cooking time

60 MINS

Ingredients

8 items

[SEE DETAILS](#)



[Gua Bao Buns](#)

Cooking time

10 min

Ingredients

11 items

[SEE DETAILS](#)



[New York Inspired Tagliatelle Pasta](#)

Cooking time

15 minutes

Ingredients

9 items

[SEE DETAILS](#)

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