Autumn

Harvest time! Autumn is a special season when it comes to food, with many lovely fruits and vegetables in season. Keep an eye out for berries, melons, and stone fruits like plums and peaches.

You can often tell what is in season by looking at what is on special, and what looks nice and fresh. Autumn is a great time for beans, broccoli and cabbage, as well as summer vegetables that are still in season like tomatoes, zucchini and capsicum. It’s also a great time for pumpkins! What better way to enjoy pumpkins than a fresh batch of pumpkin scones, warm from the oven (recipe below).

Ingredients:

1 tablespoon softened butter or margarine

¼ cup sugar

1 tablespoon hot water

1 egg

1 cup pre-cooked mashed pumpkin (steamed or roasted)

1 cup wholemeal plain flour

1 cup white plain flour

3 teaspoons baking powder

Method:

1. Pre-heat your oven to 180oC.
2. Using a spoon, stir together butter and sugar with hot water in a large bowl.
3. Add egg and pumpkin to the bowl and stir until smooth.
4. Mix flours and baking powder together, and stir into the wet mixture.
5. Stir until no dry areas are left. You may need to add a little more water to help it form a sticky dough.
6. Use a tablespoon to drop rounds of mixture onto a lightly greased tray.
7. Bake in an 180oC oven for 12 to 15 minutes, or until golden.

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