



PUMPED UP ABOUT PUMPKIN

Making bread using pumpkin, which has found favor among chefs and nutritionists alike, is a delight in more ways than one

BINDU GOPAL RAO

Baking bread has caught on during the coronavirus-induced lockdown, becoming a big trend on Instagram as well. More importantly, experimenting with bread became key, and pumpkin found its own place, the two trends meeting in a popular and easy pumpkin bread recipe that uses flour and pumpkin with

spices. To make the best pumpkin bread, follow these instructions carefully. An original pumpkin bread recipe will always use cinnamon, cloves and nutmeg, all making for a distinct flavor.

We teach you three versions of how to make pumpkin bread, including a few simple pumpkin bread recipes as well as a traditional pumpkin bread recipe.



P U M P K I N B R E A D R E C I P E 1

(courtesy Ranjan Samal, corporate chef, Paul John Resorts & Hotels)

INGREDIENTS

- 500 grams all-purpose flour
- 3 tbsp sugar
- 2/3rd tsp salt
- 2/3 tsp dry yeast
- 3 tbsp sunflower oil

- 2/3 lb pumpkin
- 3.5 tbsp water
- A pinch of nutmeg powder

METHOD

1. Peel and chop pumpkin into

small cubes after removing the pith and the seeds. Put the cubes in a pan, adding enough water to just cover them.

2. Let it simmer with the lid on until the pumpkin cubes have

softened and cooked well. Drain and cool the pumpkin at room temperature. Once cool add to the blender for a smooth puree.

- Put all the ingredients (flour, sugar, salt, pumpkin puree, water, yeast, nutmeg powder) in a mixer, running it for two minutes on slow speed until everything is incorporated.
- Knead the mixture for three minutes or until the dough comes together. Add oil and continue kneading for five

minutes.

- Put the dough in a big bowl and let it rest for 35 to 40 minutes. Keep it covered or wrap it with clingfilm.
- Transfer the dough to a clean, floured surface, then divide into two equal portions. Make each portion into a ball. Flatten using your hand. Fold right to center and fold left to overlap it. Roll out and place all dough in the bread loaf pan.
- Let it proof in a warm place for 30 to 35 minutes or until the dough

reaches the rim of the bread pan.

- Bake in a preheated oven at 375° F (top & bottom heat) for 30 to 35 minutes, or until golden brown.
- Remove bread from the oven and let them cool on the rack completely before slicing. Gently muddle the berries in a pitcher. Fill the pitcher with a bottle of chilled sparkling apple or grape juice. Stir, pour over ice if desired, then garnish with a lemon peel.



INGREDIENTS

- 1/2 lb pumpkin puree
- 1 lb sugar
- 1 lb butter
- 2/3 tbsp baking powder
- 10 No Egg (egg replacer)
- 1 lb refined flour
- 5 tbsp vegetable oil
- 1/3 tbsp cinnamon powder
- 1/3 tbsp vanilla extract

METHOD

- Preheat the oven to 325° F. In a large bowl, beat the butter and sugar together with a whisk.
- Add the pumpkin purée, vanilla extract and salt, and whisk to blend. Add flour and whisk well.
- Switch to a big spoon and stir in the flour, just until combined. Gently fold them in now.
- Pour the batter into your

PUMPKIN BREAD RECIPE 2

(courtesy Kapil Dubey, executive chef, The Den Bengaluru)

greased loaf pan and sprinkle lightly with cinnamon.
5. Bake for 55 to 60 minutes,

or until a toothpick inserted into the center comes out clean
6. Let the bread cool in the loaf

pan for 10 minutes, then carefully transfer it to a cooling rack, leaving it there for 20 minutes before slicing.



PUMPKIN AND WALNUT BREAD RECIPE

(courtesy Ranjan Samal, corporate chef, Paul John Resorts & Hotels)

INGREDIENTS

- 0.9 lb pumpkin
- 1 lb caster sugar
(called superfine sugar in the U.S.)
- 1.7 cups sunflower oil
- 1 lb all-purpose flour
- 1.75 oz corn flour
- 5 Nos Eggs (egg replacer)
- 0.7 tbsp cinnamon powder
- 0.7 tbsp baking soda
- 1 cup chopped walnut
- 2 tbsp pumpkin seeds

METHOD

1. Peel and chop pumpkin into small cubes, removing the pith and the seeds.
2. Put the cubes in a pan, adding enough enough water to just cover them. Heat till the water is simmering with the lid on until the cubes have softened and cooked well.
3. Drain and cool the pumpkin at room temperature. Once cool, blend to a smooth puree.
4. In a bowl, combine flour, baking soda and spices. In a separate bowl, add sugar and egg, stirring continually.
5. Stir pumpkin puree until well blended. Stir pumpkin mixture into the flour mixture. Stir to moisten. Add the oil to the mixture, thereafter mixing in chopped walnut.
6. Transfer the mixture to a baking pan and sprinkle the pumpkin seeds on top. Bake in a preheated oven at 355 °F (top and bottom heat) for 40 to 45 minutes, or until a toothpick inserted into the center of the loaf comes out clean.
7. Let the bread cool in the pan for 10 minutes.
8. Cut into slices and serve.

NUTRITION FACTS

Serving Size: 1 slice
140 Kcal
39g carbs
5g fat
3g protein

FAQS

How do you keep pumpkin bread moist?

After removing the pumpkin bread from the oven, wrap it in foil. That is the secret to keeping it moist.

What can you substitute for eggs in pumpkin bread?

Mashed bananas, pumpkin puree, mashed avocado and fresh fruit sweet purees are good ways to substitute for egg in the pumpkin bread recipe.

Why is my pumpkin bread dense?

Pumpkin bread is dense in nature and it is important not to overcook the bread and follow the recipe.

Is canned pumpkin and pumpkin puree the same thing?

Canned pumpkin and pumpkin puree are used interchangeably in recipes and mean the same which is steamed and pureed pumpkin.

Is pumpkin healthy to eat?

Being nutrient-rich, high in fiber and low in calories, they make you feel full, and hence are a great option for weight watchers.