



Consejo del chef

If you don't have pumpkin specific spices, you can put together a teaspoon of ground clover, another with powdered ginger and 1/2 teaspoon of nutmeg. Store the mix in a hermetic jar and use it for your favourite recipes.

Raciones para 2

500 gr Strong flour

180 ml Water

20 gr Fresh yeast

10 gr Salt

325 gr Roasted pumpkin flesh

25 gr Honey

Pumpkin spices to taste

- 1** Cut the pumpkin in half and roast in the oven at 200° C until it is tender when you poke it with a knife.
- 2** Dissolve the yeast in water and add the rest of the ingredients (pumpkin flesh included). Knead for about 15 minutes until you have a soft and uniform dough.
- 3** Shape a ball with the dough and let it rise in a greased bowl, well covered, for about 2 hours, or until it doubles its size.
- 4** Divide the dough in two, try to remove the air inside, and shape two balls. Remember to round each piece to give tension to the dough, and they can rise later in the oven properly.
- 5** With the shaped balls, take a string and soak it with oil. Round a ball with the cord four times until you make four segments. It is important you don't tie the string too tight because the dough must rise one more time. Cover the pieces and let them rise for around 45 minutes.
- 6** Preheat the oven to 200 °C. Meanwhile, place a metal container at the bottom of the oven to heat it too.
- 7** Put the balls inside the oven and pour a glass of water into the container to create steam for the first 10 minutes.
- 8** After those 10 minutes, remove the container and keep baking for 20 to 25 minutes more.
- 9** Take the bread out of the oven and let them cool on a cooling rack. Remove the cord before eating.

Chef's Notes

<https://cookinglovers.teka.com/en/receta/pan-de-calabaza/>

