Recipes

Pumpkin seed oil can be used in everything from salads and vegetable sides to main dishes and even desserts. It is typically used as a salad dressing combined with apple cider vinegar and salt but recently its great taste and nutritional value has also been discovered for cooking and baking main dishes.

With its distinctive and exclusive nutty taste, pumpkin seed oil can be used a substitute for pretty much any other vegetable oil.

- Use it for healthy salad dressings together with balsamico or cider vinegar
- Stir into a cold marinade,
- Make it your oil for potato or bean salads,
- Drizzle it over ravioli or risotto,
- Use it for the preparation of a superb pumpkin seed oil pesto
- Toss with pasta and grated parmesan,
- Splash over vegetable soups before serving,
- Drizzle it over a scoop of vanilla ice cream for dessert
- Mix into dips.

**Vanilla ice cream with pumpkin seed oil**

Ingredients (for 4 people)

- 12 scoops of Vanilla Ice Cream
- 1 handful of crushed Pumpkin Seeds (or Walnuts)
- 4-5 Tablespoons of Styrian Gold Pumpkin Seed Oil
- 200ml of whipped cream (optional)

Preparation:

Put the vanilla ice cream into dessert bowls and drizzle Styrian Gold Pumpkin Seed Oil over it. Wait for 2 minutes, then garnish your dessert with the crushed pumpkin seeds and a little bit of whipped cream. Enjoy!
Classic Styrian Gold Salad Dressing

Ingredients:

4-5 Tablespoons of Pumpkin Seed Oil
2-3 Tablespoons of balsamico vinegar or cider vinegar
Salt and ground pepper
Pinch of sugar (optional)
1 garlic clove, crushed (optional)

Preparation:

Mix together all the ingredients, Refrigerate at least for half an hour, allowing flavors to blend.

Styrian Garlic & Pumpkin Seed Salad

Ingredients:

· 50 ml pumpkin seed oil
· 15 ml balsamico vinegar (or 4 ml good wine vinegar)
· 2 teaspoons of granulated garlic
· 1 teaspoon of chafed peppermint
· 1 teaspoon of mayonnaise
· 1 teaspoon of sour cream

Preparation:

Mix the ingredients well.
Add to lettuce and toss well.
Styrian farmer salad with pumpkin seed oil

Ingredients:

1 head of lettuce, 2 tomatoes, 1 clove of garlic, 300 grams of cooked ham, 5 tablespoons of Styrian Gold Pumpkin Seed Oil, 2 green paprika, 4 tablespoons of cider vinegar, 1 onion, 100 g of corn kernels, salt and pepper, 100 grams of beans, 2 hard boiled eggs

Preparation:

Wash the lettuce, drain it well and put it into a big bowl. Cut the ham into wide strips, chop the onion, cook the vegetables, add the diced paprika and tomatoes, crush the garlic, add salt and pepper and in the end, drizzle the Styrian Gold Pumpkin Seed Oil over the salad. Finally, add the vinegar and garnish your salad with the hard-boiled eggs.

Styrian Gold Pumpkin Soup

Ingredients:

700 grams of pumpkin meat cubes, 1 onion, 2 cloves of garlic, 2 tablespoons of butter, 1 teaspoon of pepper, 1 quart of soup, 1/8 liter of whipped cream, 2 tablespoons of pumpkin seeds, salt, pepper, ground cumin, bay leaves, butter, a few drops of pumpkin seed oil

Preparation:

Peel the onion, chop it up into tiny pieces and fry in the butter with the pumpkin meat, add the paprika and bay leaf, pour in soup and season it with salt, pepper and cumin. Cook it on low heat for about 15 minutes, just until the pumpkin meat is soft. At half cooking time, mix in a large part of the whipped cream. Remove the bay leaf, purée the soup and season it. Heat up 1 tablespoon of butter in a separate pan, fry the pumpkin seeds and salt them. Strike the remainder of the cream, pour the soup into soup bowls, add the pumpkin seeds and the remaining cream and drizzle over some Styrian Gold Pumpkin Seed Oil. In the end, stir it a little bit in order to get a nice decorative effect.
**Styrian Gold Pumpkin Seed Pesto**

**Ingredients:**

1/8 l of Styrian Gold Pumpkin Seed Oil, 50 g of pumpkin seeds, 1 bunch of basil, 2 tablespoons of finely grated Parmesan cheese, 2 teaspoons of lemon juice, 2 cloves of garlic, salt

**Preparation:**

Chop up and then crush the basil leaves (just the leaves!) and the pumpkin seeds. Add the Parmesan cheese and the crushed garlic. Purée everything with a hand-held-blender until you get a creamy mass. Then stir it with the Styrian Gold Pumpkin Seed Oil. Enjoy your pesto with your favourite pasta or with meat dishes.

**Mushroom terrine with Pumpkin seed oil**

**Ingredients**

0.5 kg mixed mushrooms, 1 tablespoon butter, 1 teaspoon Olive oil, 1 medium size onion, finely chopped, 2 garlic cloves, finely chopped, 300 ml vegetable stock, 100 ml dry but heavy white wine (or dry sherry), gelatine, 2 tablespoons parsley, finely chopped, salt, freshly ground pepper, 2 large red onions (if available), cut into thin rings, 4 tablespoons apple balsamic vinegar, 6 tablespoons Pumpkin seed oil.

**Preparation:**

Cover terrine form with cellophane. Heat olive oil and butter in a pan, add the finely chopped onion and garlic till they are slightly fried but not brown. Add mushrooms for 5 min on medium heat. Add salt and pepper. Put the mushrooms in the form and sprinkle with parsley. Boil vegetable stock and wine, take it out of the stove, add gelatine as per instructions and pour over the mushroom mix till the mushrooms are fully covered. Let the terrine cool down, then put it in the refrigerator for at least four hours or overnight. To serve take the terrine and turn it onto a flat board, remove form and plastic. Cut into 1 cm slices. (Tip: Put your knife into cold water in-between cutting). Serve with red onion rings and the Vinegar - Pumpkin seed oil Marinade, accompanied by rye bread.
**Yellow boletus carpaccio with Pumpkin seed oil**

Ingredients

250 g Yellow boletus, raspberry vinegar, Pumpkin seed oil, freshly ground salt & pepper, rocket or cress and cocktail tomatoes as garnish.

Preparation: Carefully clean the Yellow Boletus, but don’t wash them. Cut into very thin slices (Tip: try a cucumber slicer). Arrange nicely on the plates or a platter. Season with salt & pepper. Group rocket and cocktail tomatoes in the middle. Blend pumpkin seed oil with the raspberry vinegar and pour the mix over the carpaccio.

**Pumpkin Seed Scrambled Eggs**

Ingredients (4 people):

4 slices of whole grain bread, 1 piece of red paprika, 1 bunch of parsley, 800 g of pumpkin seeds, 8 eggs, 4-5 tablespoons of Styrian Gold Pumpkin Seed Oil

Preparation:

Spread bread with a thin layer of butter. Beat the eggs in a bowl, season them with salt and pepper and whisk them with a fork. Chop the paprika up into medium-sized pieces. Finely chop the parsley leaves. Peppers and pumpkin seeds in 1 tablespoon butter fry. Pour in eggs and a few drops of pumpkin seed oil, then stir vigorously. Solidification of eggs in the pan and heat on a high flame until they are light and can arrange on the bread. Before serving it, garnish the bread with lettuce and sprinkle with chopped parsley.

**Styrian Gold Farmer’s Burger**

Ingredients:

1 pumpkin seed bread roll, 1 small turkey or chicken filet, 1 slice of cheese (i.e. Dachsteiner) lettuce leaves, 1 tomato, a few drops of pumpkin seed oil, sunflower oil, tomato ketchup, 1 clove of garlic, mayonnaise, horseradish

Preparation:

Crush the garlic clove and mix into the sunflower oil. Marinate the meat in the mixture overnight. Stir the pumpkin seed oil and the grated horseradish into the mayonnaise. Cut the bread roll in half and toast it a little bit. Brown the meat in hot oil. Fill the roll with the flavoured mayonnaise, cheese, ketchup and meat, top with a tomato slice, one or two lettuce leaves and a couple of drops of pumpkin seed oil. Enjoy!