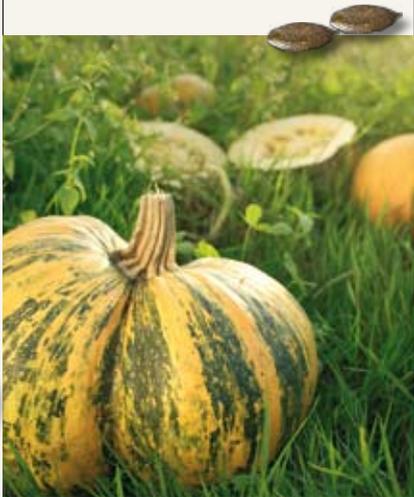




# S

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Recipe



Special Recipes with  
Styrian Pumpkin Seed Oil P.D.O.

Gemeinschaft Steirisches Kürbiskernöl g.g.A.



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Botanically speaking, the pumpkin, which belongs to the family „Curcubitaceae“, is a giant berry.

Our climate provides the ideal growing conditions for these sun-hungry plants. The pumpkin seeds are sown in the beginning of May and one to two weeks after sowing the two-leaved seedlings begin to sprout.

In July, the bright yellow pumpkin flowers bloom and the yellow green pumpkins are laying ripe in the fields two months later.

In September, the pumpkins are „ausgepatzelt“, meaning that the seeds are removed from the pumpkin flesh. Nowadays, this work is predominantly done by modern harvesting machines.



## This is How the Styrian Oil Pumpkin Grows

## The Production of Styrian Pumpkin Seed Oil P.D.O.



When washed and dried, the pumpkin seeds are perfect for storage.

This means that the seeds are only brought to the oil mill when necessary and that it is possible to produce fresh Styrian Pumpkin Seed Oil P.D.O. all year long.

When producing Styrian Pumpkin Seed Oil P.D.O., the seeds are first roughly ground in the mill and are then



mixed with water and salt and carefully roasted. During this process the expertise of the Pressmaster is particularly important, this is because the oil can only develop its typical aromatic nutty taste through the optimal processing of the seeds. The use of domestic pumpkin seeds and the traditional manufacturing procedure, without the addition of chemical additives, guarantees a quality product that is both unmistakable and completely natural.

Styrian Pumpkin Seed Oil P.D.O. stores well for 9-12 months in dark, cool (max. 18°C), dry conditions.

But, of course, the fresher, the better.

Very important: perfect for use in the cold dishes, but is also suitable for use in warm dishes.

Styrian Pumpkin Seed Oil P.D.O. likes it cold and dark



nutritional value	
100g	3751 kJ/ 896 kcal
energy:	in Spuren
protein:	in Spuren
carbohydrate:	99g
fat:	17g
saturated fatty acids:	34g
monounsaturated fatty acids:	48g
polyunsaturated fatty acids:	0 mg
cholesterol:	56mg*
vitamin E:	

\* 100% of the recommended daily allowance

An all-natural quality product



P.D.O. means:

- it is guaranteed that the pumpkin seeds originate in a geographically defined region (in Austria)
- pumpkin seed oil was manufactured in domestic oil mills
- 100% pure pumpkin seed oil from the first pressing

ID number ensures that your oil can be traced right back to the pumpkin seed producer



Make note of the excise stamp when purchasing a Styrian Pumpkin Seed Oil P.D.O.

This is the guarantee that you are buying a pure, high quality Styrian Pumpkin Seed Oil P.D.O. As a natural food oil, in contrast to many refined oils, Pumpkin Seed Oil P.D.O. contains many important nutrients, such as vitamins and minerals.

Also, in contrast to animal fats, pumpkin seed oil is free from cholesterol and has, with 80%, one of the highest concentrations of unsaturated fatty acids of all oils.

These unsaturated fats are also called essential, meaning they are necessary for life. Pumpkin seed oil also contains an extremely high amount of vitamin E.



*In this country grows the  
styrian pumpkin*



*Welcome to the garden of  
Austria - Styria is not called  
the green heart of Austria  
for nothing.*

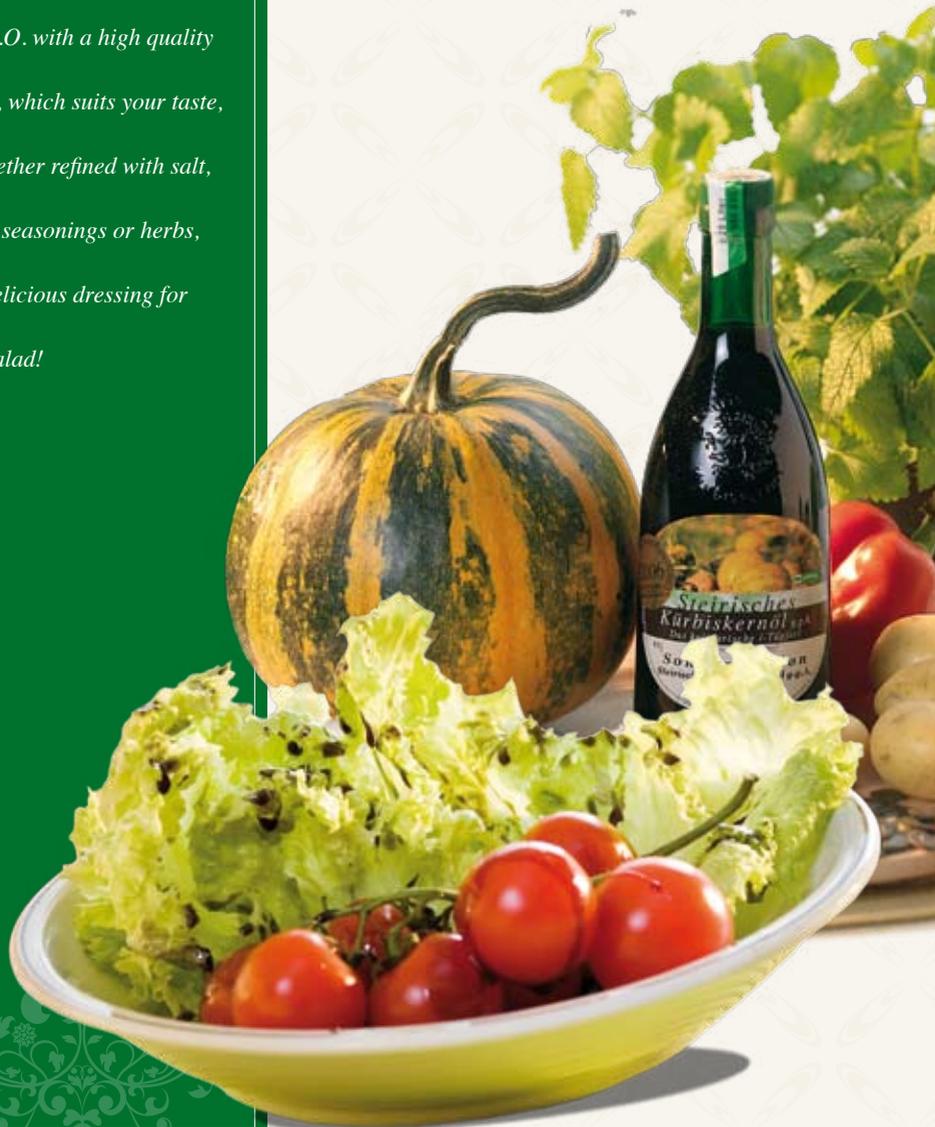
*So many delicacies thrive  
and flourish here, practi-  
cally on our door step. And  
what is special about it is,  
that they are all healthy  
pleasures.*

*Styrian pumpkin seed oil is,  
without doubt, the signature  
Styrian speciality: its dark  
green colour, nutty aroma  
and intense flavour make it  
unique.*



## Styrian classics salad dressing

As always, the most common use for Styrian Pumpkin Seed Oil P.D.O. with a high quality vinegar, which suits your taste, and whether refined with salt, pepper, seasonings or herbs, it's a delicious dressing for every salad!



## Styrian wok pork tenderloin with pumpkin and Styrian Pumpkin Seed Oil P.D.O.



### Directions:

Cut the pork tenderloin into thin slices. Beat the egg whites until stiff and add the corn flour and 1 tsp peanut oil. Season the meat and place, for at least 15 minutes, in the marinade. Pre-heat the wok. Put a little bit of oil in the wok and add the meat, quickly sear and then remove.

Cut the pumpkin and scallions into slices, cook the pumpkin in the wok for 4 minutes. and then add the scallions and cook for 1 more minute. Take the vegetables out of the wok.

Finely dice the garlic and sautee in a little bit of oil. Then add the brown sugar, vinegar, soya sauce, curry paste, and water and let it simmer for 3 minutes.

### Ingredients:

1 pork tenderloin, 1 egg white,  
1 tbsp corn flour,  
1 tsp peanut oil, salt, pepper,  
2-3 tbsp peanut oil,  
300 g pumpkin flesh,  
1 bunch scallions,  
2 cloves garlic,  
1 tbsp brown sugar, 1 tbsp  
curry paste, 1 tbsp vinegar,  
2 tblsp soya sauce,  
125 ml water or stock,  
50 g toasted Styrian pumpkin  
seeds, some Styrian Pumpkin  
Seed Oil P.D.O., fresh herbs,  
rice as side dish



Ingredients:

240 g flour, 1 tsp baking powder, salt, 90 g sugar, 60 mL Styrian Pumpkin Seed Oil P.D.O., 1 egg, 125 ml milk, 4 handfuls of seasonal berries

## Styrian muffins with berries



Directions:

Mix the flour, sugar, salt and baking powder together in a mixing bowl. In a smaller mixing bowl beat the egg, then add the milk and the Styrian Pumpkin Seed Oil P.D.O. and lightly mix. Make a hollow in the middle of the flour mixture, add the wet ingredients and mix well together. Finally, gently fold the berries into the batter.

The batter should be wet and sticky. Scoop the batter into the muffin tins, filling each cup only 2/3 full. Bake at 180°C for 20 minutes, when finished let cool for at least 4 minutes.

## Styrian sushi with Styrian Pumpkin Seed Oil Pesto



Directions:

Blanch the leaves, let them cool and lay them out on the bamboo sushi mat.

Cook the rice with two times as much water as rice and the salt and vinegar. Cut the turkey meat into strips, season with freshly ground pepper and salt. Sear the turkey strips, making sure they are cooked through. Roll the strips in chopped pumpkin seeds.

Cut the red pepper in strips. Place the cooked rice, seared turkey strips and red pepper strips on the blanched leaves and roll together using the sushi mat.

Cut the rolls into about 3 cm pieces.

Ingredients:

chard, spinach, or cabbage leaves, ¼ kg sticky or sushi rice, 2 tbsps white wine vinegar, salt, 300 g Styrian turkey meat, Styrian pumpkin seeds, 1 red pepper



Ingredients:

400 g risotto rice, 2 tblsp  
Styrian Pumpkin Seed Oil  
P.D.O., 2 tblsp Styrian  
pumpkin seeds,  
1 small onion, 100 ml white  
wine, vegetable stock,  
1 tblsp butter,  
paprika powder,  
lemon juice,  
seasonal vegetables

*Styrian Pumpkin Seed Oil Risotto  
with colourful summer vegetables*



Directions:

Sweat the onions in the butter, add the rice and white wine.

Add the remaining necessary amount of vegetable stock. Chop the vegetables into small pieces and add to the cooking rice.

Finally, before serving, add the pumpkin seeds and Styrian Pumpkin Seed Oil P.D.O.

*Chicken Paella with Pumpkin  
Seed Oil Bruschetta*



Directions:

Peel the tomatoes, onion and garlic. Dice the peeled vegetables and the pepper into small cubes. Pre-heat the oil in the pan and slowly cook the onion and garlic until translucent.

Add the peas and the cubed tomatoes and sweet pepper. Add the saffron powder and paprika powder and season with salt and pepper. Mix in the rice and add the vegetable stock, let simmer for approximately 20 minutes.

Cut the meat into cubes, sauté and season. Lay the meat on the cooked rice, cover with aluminum foil and bake at 175°C for 10 minutes. Dice the tomato, onion and garlic and mix with Styrian pumpkin seed oil P.D.O. Season to taste. Toast the baguette slices and place some of the tomato-onion mixture on each slice.

Ingredients:

1 sweet pepper, 2 tomatoes,  
1 onion, 2 tsps vegetable  
oil, 100 g peas, 1 pinch  
saffron powder, 1 pinch  
sweet paprika powder, salt,  
pepper, 100g rice,  
250 ml vegetable stock,  
200 g chicken breast,  
1 lemon, 1 tomato,  
1 small onion,  
1 clove garlic,  
3 - 4 tblsp Styrian Pumpkin  
Seed Oil P.D.O., salt,  
pepper, 8 slices baguette.



Ingredients:

fish (carp, arctic char, perch, catfish, salmon), fat for frying, flour, Styrian Pumpkin Seed Oil P.D.O., salt, pepper, herbs, 300 g cubed oil pumpkin flesh, 2 finely diced shallots, canola oil, vegetable stock, salt, white pepper, nutmeg, plain Styrian pumpkin seeds, 250 g rice or barley, hot mustard, Styrian Horseradish P.D.O.

## *Crispy pan fried fish with creamy pumpkin rice*



Directions:

In a generous amount of oil fry the skin-side of the fish until it is crispy. Season with salt, pepper and herbs and add a slice of lemon or orange to the pan. Bring a pot of water to a boil, add the rice or barley and precook for 5-8 minutes. Heat the canola oil in a pan, sauté the shallots and the pumpkin, season and cook until it reaches a creamy consistency (approx. 15 minutes), add the pre-cooked rice. Bind the pumpkin-rice mixture with some mustard, add the Styrian horseradish P.D.O. and chopped Styrian pumpkin seeds and mix well.

## *Spaghetti with Styrian Pumpkin Seed Oil Pesto*



Directions:

Cook the spaghetti in boiling water until it has reached Al dente consistency. Strain and rinse with cold water. Over low heat mix the pumpkin seed oil pesto well into the spaghetti and serve.

Ingredients:

spaghetti and Styrian Pumpkin Seed Oil pesto (Instructions for preparation following)

### *Styrian Pumpkin Seed Oil*

**Pesto:**

chopped Styrian pumpkin seeds, grated hard cheese, Styrian Pumpkin Seed Oil P.D.O., garlic, salt, pepper



Ingredients:

1 large terrine form (for approx. 1 Liter),  
400 g seasonal vegetables,  
0.25 l vegetable stock,  
1/16 l white wine, 6 leaves gelatin, 250 g smoked fish,  
1 handful spring salad, herbs, flowers, 1 handful sprouts, 1 scallion,  
4 tblsps herb vinegar,  
4 tblsps Styrian Pumpkin Seed Oil P.D.O., salt, pepper

*Smoked fish and vegetable aspic on a spring salad with sprouts*



Directions:

Cook the vegetables until Al dente in the vegetable stock. Remove the vegetables from the stock and warm the stock again with the white wine (80°C). Add the leaves of gelatin, stir well and let cool.  
Fill the terrine form alternately adding the smoked fish, pre-cooked vegetables and the liquid. Chill for approx. 3 hours. To serve, remove the aspic from the terrine form and cut it into slices. Slice the scallion in rings, wash the salad and place with the aspic on a plate.  
Dress with the herb vinegar and Styrian Pumpkin Seed Oil P.D.O. and garnish with the sprouts and flowers.

*Styrian Pumpkin Seed Oil scrambled eggs*



Directions:

Beat the eggs with the Styrian Pumpkin Seed Oil P.D.O., salt and pepper.  
Fry the beaten egg mixture in a coated pan while constantly stirring. Garnish with a halved cherry tomato and the fresh herbs.

**TIP:** The pumpkin seed oil scrambled eggs look fabulous when served on a slice of pumpernickel bread.

Ingredients:

2 eggs, Styrian Pumpkin Seed Oil P.D.O., salt, pepper,  
For use as a garnish:  
cherry tomatoes, parsley or chives



Ingredients:

1 onion, 40 g butter,  
2 red peppers,  
500 g pumpkin flesh, salt,  
caraway seeds, garlic, dried  
herbs, cream,  $\frac{3}{4}$  l water,  
Styrian Pumpkin Seed Oil  
P.D.O.

## Styrian cream of pumpkin soup



Directions:

Chop the onion and red pepper and cube the pumpkin. Sauté the onion, add the red pepper and pumpkin and let cook.

When soft, puree finely and add water. Add the garlic and herbs and season with salt and pepper.

Before serving refine with cream and Styrian Pumpkin Seed Oil P.D.O.

## Styrian Pumpkin Seed Oil spread



Directions:

Cream the topfen or quark, add the pressed garlic, salt, pepper and Styrian Pumpkin Seed Oil P.D.O. and mix well. Decorate with toasted Styrian pumpkin seeds.

**TIP:** Perfect for spreading on bread, simply add fresh herbs and seasonal vegetables.

Ingredients:

1 pkg topfen or quark  
(light), 3 cloves garlic,  
Styrian Pumpkin Seed Oil  
P.D.O., salt, pepper



Ingredients:

300 g cake flour,  
60 g confectioners' sugar,  
1 pkg. vanilla sugar,  
4 tblsp Styrian Pumpkin  
Seed Oil P.D.O.,  
250 g butter or margarine,  
100 g confectioners' sugar,  
1 pkg. vanilla sugar for  
coating

*Styrian Pumpkin Seed Oil  
crescents*



Directions:

Sift the flour, add the vanilla sugar, confectioners' sugar and Styrian pumpkin seed oil P.D.O. and mix well.

Cut the cold butter or margarine into small cubes, place in the middle of the flour mixture and knead into a dough. Form the dough into a log, cut 1 cm slices from the log and roll the slices into small logs.

Form the logs into a crescent shape and on a baking paper covered cookie sheet bake at 160°C for 20 minutes.

Let the crescents cool completely, mix the vanilla sugar and confectioners' sugar, roll the crescents in the sugar mixture or dunk the tips in melted chocolate.

*Sweet vanilla ice cream with  
Styrian Pumpkin Seed Oil P.D.O.*



Directions:

Place one scoop of ice cream in a desert bowl, drizzle with Styrian Pumpkin Seed Oil P.D.O. and sprinkle the chopped pumpkin seeds on top.

**TIP:** Serve the ice cream in a plum soup.

**Ingredients for the Plum Soup:** 600 g Ripe Plums, ½ L Red Wine, 40 mL Plum Brandy, 150 g Jam Sugar, 1 Cinnamon Stick, 1 Vanilla Bean

**Directions for the preparation of the Plum Soup:** Wash and stone the plums. Place the plums in a pot with the other ingredients and bring it to a boil. Let simmer for 10 minutes. Purée the cooked plum with a hand-held blender. Press the puree through a sieve and let cool.

Ingredients:

vanilla ice cream, chopped  
styrian pumpkin seeds,  
Styrian Pumpkin Seed Oil  
P.D.O.



Ingredients:

½ buttermilk, 390 g rye flour 960, 200 g all purpose flour, 150 g Styrian pumpkin seeds, 20 g salt, 40 g fresh yeast, 20 - 30 g Styrian pumpkin seed oil P.D.O., warm water as necessary

*C*rusty bread with Styrian Pumpkin Seed Oil P.D.O.



Directions:

Work all of the ingredients into a dough. Place the dough in a floured bread pan and let rise for 20 - 25 minutes.

Bake at 240°C for 10 minutes, then lower the temperature to 190°C and bake for 40 minutes, until finished.

*P*umpkin Seed Oil crusty bread sticks



Directions:

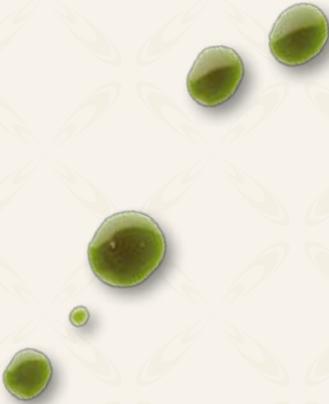
Prepare the yeast dough and let it rise. Roll the out the dough and brush with beaten egg.

Sprinkle the surface with the finely chopped pumpkin seeds and fold the dough in half. Cut long strips from the dough and twist them. Bake for 10-15 min at 220°C.

Ingredients:

½ kg all purpose flour, 1 cube fresh yeast, 1 tsp salt, 30 g sugar, 2 tbsp Pumpkin Seed Oil P.D.O. 1/8 l water 1/8 l milk, finely chopped pumpkin seeds





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