

# Recipes

with Styrian  
Pumpkin Seed Oil P.G.I.

International



International and typical  
Styrian Recipes with  
Styrian Pumpkin Seed Oil P.G.I.

Gemeinschaft Steirisches Kürbiskernöl g.g.A.



**T**he Styrian Oil Pumpkin –  
*Cucurbita pepo var. styriaca*



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Managing Director of the Styrian  
Pumpkin Seed Oil P.G.I. Producers  
Collective

Botanically speaking, the pumpkin, which belongs to the family „*Cucurbitaceae*“, is a giant berry. Our climate provides the ideal growing conditions for these sun-hungry plants. The pumpkin seeds are sown in April and one to two weeks after sowing the two-leaved seedlings begin to sprout. In July, the bright yellow pumpkin flowers bloom and soon the yellow green pumpkins are laying ripe in the fields.

In August and 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.

When they have been washed, dried and stored under the right conditions, the pumpkin seeds can be pressed to produce fresh Styrian Pumpkin Seed Oil P.G.I. for up to two years. This means that the pumpkin seed oil pressers can produce fresh oil as necessary. When producing Styrian Pumpkin Seed Oil P.G.I. using traditional production methods, the seeds are first roughly ground in the mill, are then kneaded 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 high-quality pumpkin seeds and the traditional pressing procedure, without refining the oil or the addition of chemical additives, guarantees a quality product that is both unmistakable and completely natural.



## Styrian Pumpkin Oil P.G.I.– Traditional Production



## Styria's Green Gold – an all natural quality product



Make note of the excise stamp! This guarantees the natural quality of Styrian Pumpkin Seed Oil P.G.I., and all of its valuable nutrients.

The nutrients are preserved and enriched through the traditional pressing methods. Styrian Pumpkin Seed Oil P.G.I. has one of the largest amounts of unsaturated fatty acids (averaging 82 g/100 g) and vitamin E (averaging 29 g/100g) though the concentration of vitamin E can vary as a result of the product's natural origins.

*The Excise Stamp Ensures the Originality!*

**„P.G.I.“ stands for Protected Geographical Indication and ensures:**

- The origin of the pumpkins seeds from a geographically defined region in Austria
- Traditional production techniques
- 100 % pure pumpkin seed oil from the first pressing

The excise stamp with its individual control number ensures a controlled and genuine Styrian Pumpkin Seed Oil P.G.I. for our customers.

Originally sealed Styrian Pumpkin Seed Oil P.G.I. should be stored in a dry and dark place at room temperature. At this conditions it keeps well 9 to 12 months easily. Use quickly after opening, storage in die fridge is not necessary. But, of course, the fresher, the better – when used sparingly, we recommend buying a smaller bottle.

There are no limits of using Styrian Pumpkin Seed Oil P.G.I. in the kitchen. In the following recipe section, which includes Styrian and international dishes, an insight is given into the wide range of uses. Attention: Styrian Pumpkin Seed Oil P.G.I. should not be used to fry!

### Nutritional components of 100 g Styrian Pumpkin Seed Oil P.G.I.:

energy	3.700 kJ/900 kcal
fat	100 g
of which	
- saturates	18 g
- monounsaturates	36 g
- polyunsaturates	46 g
carbohydrate	0 g
of which	
- sugars	0 g
protein	0 g
salt	0 g
vitamin E	29 mg*
*242 % of nutrient reference value	

## Styrian Pumpkin Seed Oil P.G.I. – Storage and Use in the Kitchen





**I**n this country grows the styrian pumpkin

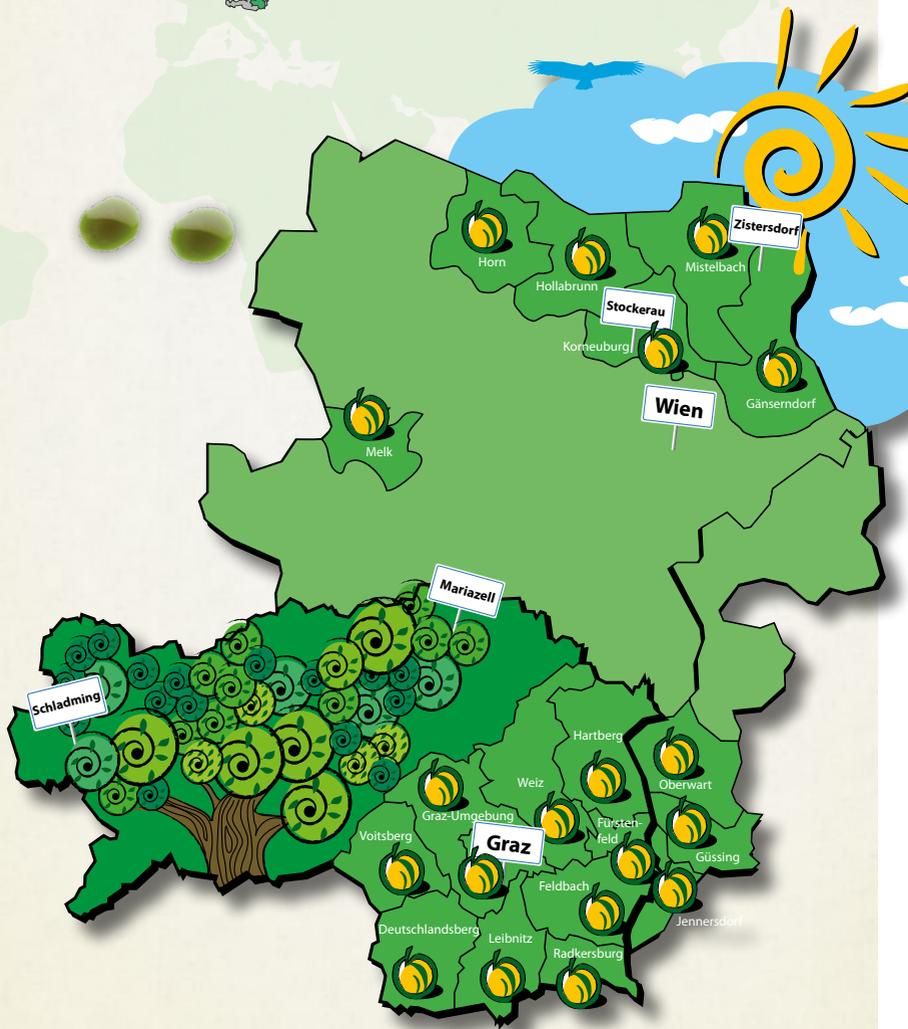
*Welcome to the garden of Austria!*

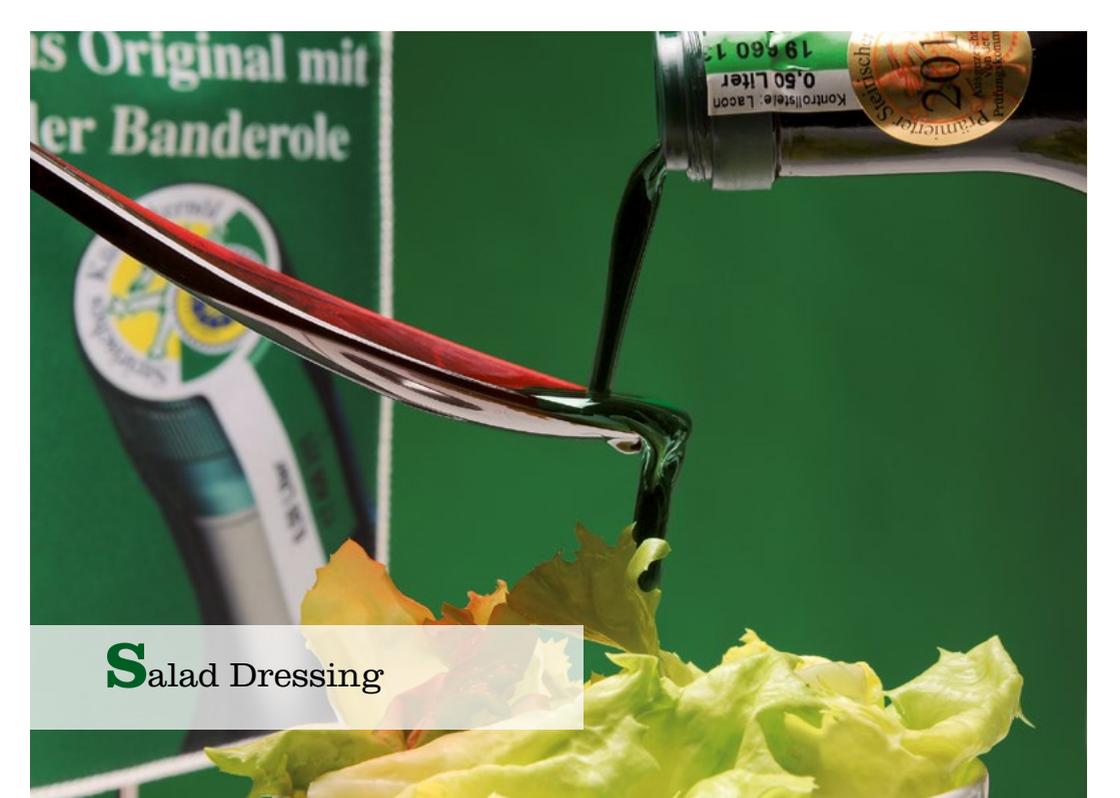
Styria is called the green heart of Austria, particularly. Many delicacies thrive and flourish here. And what is special about it is, that they are all delightful pleasures – even the Styrian Oil Pumpkin.

The seeds are grown mainly in the south of Styria and also in a few parts of Lower Austria and the south of Burgenland, as shown on the map next page. The traditional production of the oil only is allowed in the protected geographically southern parts of Austria.

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







Original mit  
der Banderole

## Salad Dressing

### Ingredients:

*Styrian Pumpkin Seed Oil P.G.I.  
vinegar (of preference)  
salt herbs and spices to taste*

### Directions:

As always, salad dressing is the most common use for Styrian Pumpkin Seed Oil P.G.I.

Using a good quality vinegar, which suits your taste, and whether refined with salt, pepper, seasonings or herbs, it's a delicious dressing for every salad!

**Tip:** The choice of vinegar is a matter of taste, though apple cider vinegar is traditionally used. Styrian Pumpkin Seed Oil P.G.I. is of course also delicious when used in yoghurt dressings.

## Ingredients:

1 onion  
40 g butter  
2 sweet peppers  
500 g pumpkin  
¾ l water  
salt  
caraway, garlic  
herbs, cream  
Styrian Pumpkin Seed Oil P.G.I.

## Directions:

Soup for 6 people

Dice the onion and sauté in the butter. Add the diced sweet peppers and the cubed pumpkin and continue to sauté. Next, add the water, seasonings and finely diced garlic and let simmer on low until the pumpkin is soft. When the pumpkin is soft, add the finely diced herbs and puree the soup with a hand-held blender.

Add the cream and mix again with the blender. Serve the soup and drizzle 1–2 tbsps Styrian Pumpkin Seed Oil P.G.I. over each dish.

## **S**tyrian Cream of Pumpkin Soup





## **S**tyrian Pumpkin Seed Oil Spread

### Ingredients:

*250 g topfen or quark*

*2–3 cloves garlic*

*Styrian Pumpkin Seed Oil P.G.I.*

*salt, pepper*

### Directions:

Cream the topfen or quark, add the peeled and finely diced garlic, season with salt, pepper and add Styrian Pumpkin Seed Oil P.G.I. to taste. Mix well and cool. Enjoy as a spread with bread or instead of butter in any sandwich.

**Tip:** Decorate simply with herbs, seasonal vegetables or toasted Styrian pumpkin seeds.

## Ingredients:

*lean beef, cooked*  
*salt, pepper, onion rings*  
*finely sliced*  
*Styrian Pumpkin Seed Oil P.G.I.*  
*vinegar of choice (2–4 cl)*

**Garnish:** *herbs*  
*hard boiled eggs*  
*tomatoes, sweet peppers*

## Directions:

Slice the cooked beef into fine slices and lay them on a plate. Season with salt and black pepper, garnish with the onion rings, cut the vegetables and hard boiled eggs. Dress with Styrian Pumpkin Seed Oil P.G.I. and vinegar.

**Tip:** Instead of cooked beef, a good quality sausage can also be used.

## Sour Beef





## **C**rusty Bread with Styrian Pumpkin Seed Oil P.G.I.

### Ingredients:

*½ l sour milk or buttermilk*  
*400 g rye flour 960*  
*200 g all purpose flour*  
*150 g ground Styrian pumpkin seeds*  
*3 tsp salt*  
*½ pkg. dried yeast*  
*5 tblsp Styrian Pumpkin Seed Oil P.G.I.*  
*warm water as necessary*

### Directions:

Work all of the ingredients into a soft yeast dough, knead for 10–15 minutes, place the dough in a floured bread pan and let rise in a warm place for at least 20–25 minutes. Bake in a preheated oven at 240°C for 10 minutes, then lower the temperature to 190°C and bake for 40 minutes, until finished.

**Tip:** Before removing the bread from the oven, test whether the bread is baked right through with a wooden skewer.

### Measurements for 1 pan

## Ingredients:

2 eggs

Styrian Pumpkin Seed Oil P.G.I.

salt, pepper

**Garnish:** cherry tomatoes parsley or chives

## Directions:

Measurements for 1 person

Beat the eggs with the Styrian Pumpkin Seed Oil P.G.I., salt and pepper. Cook the beaten egg mixture in a coated pan while constantly stirring until the eggs are set. Serve on a plate, garnished with a halved cherry tomatoes and fresh herbs. A slice of wholemeal or dark rye bread rounds this dish out perfectly.

**Tip:** A fresh green salad naturally completes this dish, which also looks appetizing when served on a slice of pumpernickel bread.

## Styrian Pumpkin Seed Oil Scrambled Eggs





## Green Potatoes

### Ingredients:

*2 kg waxy potatoes*  
*250 g topfen or quark*  
*seasonal herbs to taste: dill*  
*basil, cress, oregano, thyme*  
*parsley, chives garlic*  
*4 tblsp sour cream*  
*2 tblsp Styrian Pumpkin*  
*Seed Oil P.G.I.*  
*salt, pepper*

### Directions:

Main course for 6 people

Wash the potatoes and wrap them in aluminum foil with the shiny side in. Bake at 250 °C for 1.5–2.5 hours, depending on the size of the potatoes, on the upper oven rack (quick tip: cook the potatoes in a steamer). In the meantime mix the topfen or quark with the herbs, garlic and remaining ingredients and chill. Make a cut in the finished potatoes or cut them in half, place the potatoes on a plate with a generous spoonful of the herb-pumpkin seed oil-topfen cream and garnish with fresh herbs.

Variation without topfen or quark: the potatoes can also be dressed with Styrian Pumpkin Seed Oil P.G.I., cheese slices of your choice, butter and salt – all the flavour, but quick and easy to prepare!

## Ingredients:

*250 g Styrian scarlet runner beans  
(dry weight)  
pinch of sugar  
1 tsp savory  
1 bay leaf  
1 ½ tsp salt 1 head lettuce  
1 onion seasonal vegetables  
(tomatoes, sprouts, carrots  
celery etc.)  
freshly grated Styrian  
Horseradish P.G.I.  
4 tblsp apple cider vinegar  
4 tblsp Styrian Pumpkin  
Seed Oil P.G.I.  
salt, pepper*

## Directions:

Main course for 4 people

Soak the scarlet runner beans overnight (three times as much water). The next day, cook the beans in the water they were soaked in with sugar, savory and the bay leaf until they are soft. Add the salt towards the end of the cooking time. Drain the cooked beans, rinse them with cold water and let them cool. Marinate the beans in the vinegar, pumpkin seed oil, horseradish, salt and pepper for about 20 minutes. Prepare the rest of the vegetables (when using root vegetables, they should be cooked until soft as well) and serve with the marinated beans.

**Tip:** Lukewarm scarlet runner beans as a vegetarian main dish taste very well!



## Styrian Scarlet Runner Bean Salad



## **S**tyrian Pumpkin Seed Oil Bundt Cake

### Ingredients:

*5 egg yolks*  
*60 g vegetable oil*  
*60 g Styrian Pumpkin Seed Oil P.G.I.*  
*1 pkg. vanilla sugar*  
*180 g confectioner's sugar*  
*5 eggs whites, 120 g granulated sugar, 1 pinch salt, 300 g flour*  
*120 g coarsely ground Styrian pumpkin seeds*  
*9 g baking powder*  
*120 g milk*  
*butter and flour for the cake pan*  
*ca. 200 g apricot jam to coat*  
*ca. 50 g Styrian pumpkin seeds (coarsely chopped to sprinkle)*  
*chocolate fondant*

### Directions:

Measurements for 1 cake

Grease and flour the bundt pan, preheat the oven to 180 °C. Beat the egg yolks, Styrian Pumpkin Seed Oil P.G.I., vanilla sugar and confectioner's sugar into a foamy mixture. Add the milk and mix well. Beat the egg whites with a pinch salt and the granulated sugar until they form stiff peaks. Mix the flour with the baking powder and ground pumpkin seeds and add to the egg yolk mixture, alternating with the beaten egg whites and mixing lightly. Fill the batter immediately into the bundt pan and bake at 170–180 °C for approximately 70 minutes (use a wooden skewer to test whether the cake is baked right through). When finished baking, remove from the bundt pan and let cool. Spread hot, pureed apricot jam on the cake and coat with the finished chocolate fondant. Sprinkle the bundt cake with the chopped Styrian pumpkin seeds while the icing is still soft and put in a cool place until serving.

## Ingredients:

### **Cookie Dough:**

380 g cake flour

60 g confectioner's sugar

1 pkg. vanilla sugar

4 tbslp Styrian Pumpkin Seed

Oil P.G.I.

250 g butter or margarine

### **for coating:**

100 g granulated sugar

1 pkg. vanilla sugar

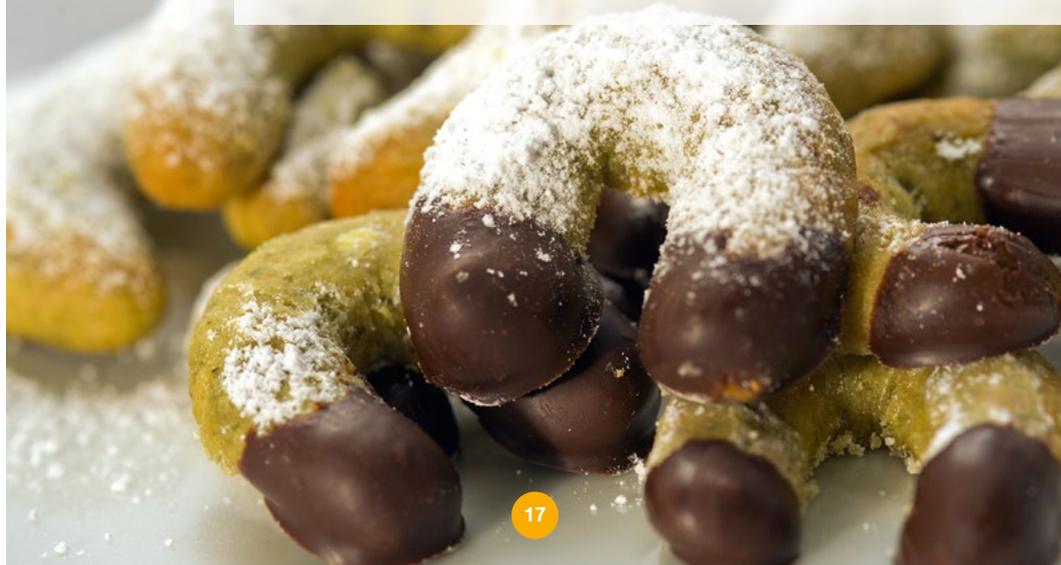
dark chocolate fondant

## Directions: Measurements for about 50 pieces

Sift the flour, vanilla sugar, confectioners' sugar together, add the Styrian pumpkin seed oil P.G.I. 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 each slice into a small log, form the logs into a crescent shape and bake at 160 °C for 20 minutes on a baking paper covered cookie sheet. Roll the crescents in a mixture of confectioner's sugar and vanilla sugar while still hot or let the crescents cool completely and dunk the tips in the melted dark chocolate fondant.

**Tip:** When possible, chill the finished cookie dough for ca. 1 hour. This makes the crescents easier to form and the dough holds together better.

## Styrian Pumpkin Seed Oil Crescents





## Black Mamba

### Ingredients:

*1 cantaloupe melon, orange juice, rum, cayenne powder or tabasco, maple syrup or honey, pepper sparkling wine  
Styrian Pumpkin Seed Oil P.G.I.  
lemon grass (garnish)*

### Directions:

Aperitive for 6 people

Cut the cantaloupe melon into cubes and place in a mixing bowl, but save some cubes for the garnish. Marinate with a good shot each of rum, orange juice and maple syrup for 1 hour and let freeze in the freezer. For the garnish skewer some melon cubes with lemon grass skewers, douse with Styrian Pumpkin Seed Oil P.G.I., sprinkle with pepper and put to the side. In the meantime, puree the frozen melon cubes in a bowl, season with cayenne pepper, add the sparkling wine and pour into glasses. Use a spoon to float a little Styrian Pumpkin Seed Oil P.G.I. on top of each drink and garnish with the lemon grass-melon skewers.

**Tip:** This drink should be enjoyed with a straw. The last sip, which contains the Styrian Pumpkin Seed Oil P.G.I. is what makes this melon cocktail into a black mamba.

## Ingredients:

125 ml bouillon  
125 ml milk  
1 tsp parmesan salt  
125 g cornmeal  
butter  
200–250 g peeled pumpkin  
1 large onion  
50 g smoked bacon  
Styrian pumpkin seeds  
Styrian Pumpkin Seed Oil P.G.I.  
2 eggs  
125 ml cream  
125 ml sour cream  
cheese

## Directions:

Main course for 4 people

Bring the bouillon, milk, parmesan and salt to a boil in a pot. Add the cornmeal and stir on low heat until mixture thickens. Place the thickened mixture into a buttered pie plate and let rest.

Slice the pumpkin finely, add salt and let rest for 10 minutes, before pressing the all of the extra liquid out. Sauté the finely sliced onion and cubed bacon together before adding the pumpkin.

Brown the pumpkin and refine with a few drops of Styrian Pumpkin Seed Oil P.G.I.

For the quiche filling mix the eggs, cream and sour cream together well, season and add a little grated cheese. Preheat the oven to 200 °C.

Place the pumpkin seeds and sautéed pumpkin on top of the cornmeal crust and pour the filling mixture into the pie plate. Bake for 30–35 minutes and when serving, garnish with a little Styrian Pumpkin Seed Oil P.G.I.

## Styrian Quiche





## Crispy Fried Zander\* Filet in a Seed Crust with Herbed Spinach

### Ingredients:

4 zander filets (150 g each)  
salt, pepper  
1–2 tbsp flour  
1 egg white  
1 tbsp each sunflower seeds,  
pine nuts and chopped pumpkin  
seeds  
olive oil for frying  
butter  
rosemary and thyme for  
seasoning  
600 g baby spinach  
6 tbsp mayonnaise  
1–2 tbsp Styrian Pumpkin  
Seed Oil P.G.I.  
fresh herbs  
2–3 shallots garlic

### Directions:

Main course for 4 people

Debone the zander filets, salt and pepper. Bread the filet on one side by placing the flesh side in the flour then in the egg white and finally in the seed mixture. Place the filet skin side first into a pan with a little olive oil and fry on moderate heat until crispy. Then turn the filet, add the butter and herbs and fry until finished.

For the pumpkin seed oil cream, mix the mayonnaise with Styrian Pumpkin Seed Oil P.G.I. To make the herbed spinach, finely dice the shallot and simmer in a pan until translucent, add the baby spinach and let steam. Finally, add the garlic, salt, pepper and chopped herbs to taste. Serve the zander on top of the spinach and garnish with the pumpkin seed oil mayonnaise.

*\*Zander is an european pike-perch.*

## Ingredients:

*Spaghetti*

*Styrian Pumpkin Seed Oil pesto:*

*4 tblsp Styrian Pumpkin Seeds*

*50 g hard cheese*

*125 ml Styrian Pumpkin Seed Oil  
P.G.I.*

*2 cloves garlic salt*

*pepper*

*herbs to taste*

## Directions:

Main course for 4 people

For the Styrian Pumpkin Seed Oil Pesto, finely dice the Styrian pumpkin seeds and the garlic, grate the hard cheese and mix with the Styrian Pumpkin Seed Oil P.G.I. into a paste. Cook the spaghetti in boiling water until it has reached an al dente consistency, strain, toss well with the pumpkin seed oil pesto in a hot cooking pot and serve immediately.

**Tip:** Styrian Pumpkin Seed Oil Pesto keeps for several weeks in the refrigerator when the surface of the pesto is covered with enough oil. When the pumpkin seed taste is too intense, a portion of the oil can be substituted with sunflower oil or a portion of the pumpkin seeds with almonds or pine nuts.

## **S**paghetti with Styrian Pumpkin Seed Oil Pesto





## **S**tyrian Stew with Pumpkin Seed Oil flavoured Bell Pepper Polenta

### Ingredients:

*150 g cubed lamb shoulder  
olive oil, 1 onion  
2 thin slices bacon  
2 cloves garlic  
½ tblsp tomato paste  
1/16 l red wine  
½ l lamb stock, 1 waxy potato  
1 carrot, 30 g celeriac  
50 g brussel sprouts  
50 g dried tomatoes  
Seasonings: balsamic vinegar  
salt, ras al hanout  
black pepper, lemon thyme  
2 red bell peppers  
50 g butter, ½ l milk  
60 g polenta (corn meal)  
3 tblsp Styrian Pumpkin Seed  
Oil P.G.I.*

### Directions:

Entree for 4 people

Sauté the cubed lamb shoulder with a little olive oil, add the garlic, onion and bacon and briefly sauté. Add the tomato paste and the red wine to deglaze. Add the lamb stock and cook until the lamb is tender. Cut the brussel sprouts in half, dice the vegetables into small cubes and blanch in salted water. Cut the dried tomatoes and add, with the blanched vegetables, to the meat stew. Season to taste with the spices listed.

To make the bell pepper polenta, cube the peppers, cook in a little melted butter until soft, then puree and set aside. Add the polenta in boiling milk and let cook until the mixture has a creamy consistency. Finally, add the pepper puree, Pumpkin Seed Oil and salt to taste.

## Ingredients:

600 g saddle of venison, skinned and boned

1 sprig fresh thyme

5 juniper berries, crushed

2 cloves garlic, crushed

2 cloves

1 small piece orange zest

olive oil and butter for frying

salt, freshly ground black pepper

4 cl gin

50 g onion

100 g risotto rice

1 l unseasoned beef broth

50 g parmesan

30 g Styrian Pumpkin Seed Oil P.G.I.

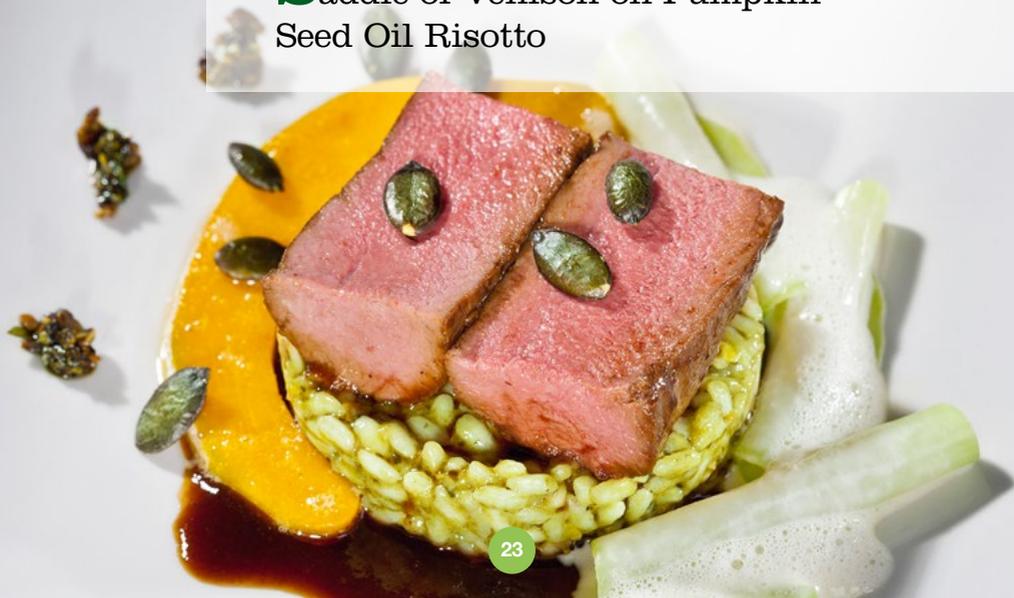
## Directions:

Main course for 4 people

Sear all sides of the saddle of venison in butter and olive oil in a roasting pan, season and place in the oven at 90°C to roast gently. Remove the saddle from the oven while still medium rare. Deglaze the roasting tray with the gin, add a little beef broth and let cook until the sauce thickens. Finely dice the onion and cook in a little butter until translucent. Add the risotto rice and sauté briefly. Add the beef stock little by little, stirring constantly. When the rice is cooked, but still has a little bite, add the parmesan and Pumpkin Seed Oil and salt to taste.

**Tip:** Serve with creamed slices of kohlrabi and sautéed Musque Pumpkin (flavoured with rosemary).

## Saddle of Venison on Pumpkin Seed Oil Risotto





## **S**tyrian Sushi

### Ingredients:

#### **Sushi:**

*cabbage leaves (ca. 20 pieces)*  
*250 g sushi rice*  
*30 ml wine vinegar, 1 tsp sugar*  
*1 tsp salt*  
*250 g meat of your choice (beef or chicken work well), salt and pepper to season the meat*  
*100 g chopped Styrian pumpkin seeds, 1 red pepper*  
*fresh herbs (e.g. parsley, oregano)*  
*other filling ingredients (e.g. avocado, carrots, celeriac, shrimp etc.)*

#### **Dip:**

*chopped Styrian pumpkin seeds*  
*grated Styrian Horseradish*  
*salt*

### Directions:

Main course for 6 people

Wash the sushi rice with cold water and bring to a boil with twice as much water as rice. Let simmer on low heat for 10 minutes, stirring intermittently. Place the rice to the side for 10 minutes, mix the vinegar with the sugar and salt and add to the rice. Place the rice in a flat dish and let cool. In the meantime, cut the meat into thin slices, season with salt and pepper and sear each strip. Let cool slightly and roll in finely chopped pumpkin seeds. Blanche the cabbage leaves in salted water, shock them in an ice bath and let them dry well. Cut the sweet pepper and the other filling ingredients into strips.

Form sushi rolls: lay the blanched cabbage leaves on the sushi mat, spread the sushi rice on to the cabbage leaf with wet hands, leaving 3 cm free at the upper edge. Place the filling ingredients in a stripe on the lower third of the rice and roll together using even pressure. Then, cut the rolls into pieces and serve with the pumpkin seed oil- horseradish-Dip.

## Ingredients:

400 g pork tenderloin  
1 egg white  
1 tblsp corn flour  
1 tsp peanut oil salt, pepper  
2–3 tblsp peanut oil  
300 g pumpkin flesh  
1 bunch scallions  
2 cloves garlic  
1 tblsp brown sugar  
1 tblsp curry paste  
1 tblsp rice vinegar  
2 tblsps soya sauce  
125 ml water or stock  
50 g toasted Styrian pumpkin seeds  
Styrian Pumpkin Seed Oil P.G.I.  
fresh herbs

## Directions:

Main course for 4 people

Cut the pork tenderloin into slices. Lightly beat the egg whites and add the corn flour and 1 tsp peanut oil. Season the meat with salt and pepper and let marinate for at least 15 minutes. Pre-heat the wok. Put a little bit of peanut oil in the wok and add the meat in small portions. Let the meat sear quickly, then remove and put to the side. Cut the pumpkin and scallions into bite sized pieces. Cook the pumpkin with a little peanut oil in the wok for 4 minutes, then add the scallions and cook for a short time longer. Finely dice the garlic and sweat in a little bit of pumpkin seed oil in the middle of the wok. Add the brown sugar, vinegar, soya sauce, curry paste, and water, mix the sauce with the vegetables and let simmer for 3 minutes. Finally, add the meat to the wok. Serve the Styrian wok on a plate and sprinkle with Styrian pumpkin seeds and fresh herbs.

**Tip:** Steamed basmati rice or pre-cooked wok noodles make a good side dish.

## Styrian Wok





## **V**anilla Ice Cream with Styrian Pumpkin Seed Oil P.G.I.

### Ingredients:

*vanilla ice cream*  
*chopped styrian pumpkin seeds*  
*(untoasted)*  
*Styrian Pumpkin Seed Oil P.G.I.*

### Directions:

Place one scoop of ice cream in a desert bowl, drizzle with Styrian Pumpkin Seed Oil P.G.I. and garnish with chopped pumpkin seeds.

**Tip:** Naturally, all kinds of seasonal fruits are suited to serve fresh or as a conserve with Styrian Pumpkin Seed Oil P.G.I. and vanilla ice cream – the sky’s the limit when it comes to ideas!



## Ingredients:

125 ml milk  
325 ml cream  
60 g sugar  
1 vanilla bean  
5 egg yolks  
2 tbsp Styrian Pumpkin Seed Oil P.G.I.  
4 tbsp brown sugar  
seasonal fruits  
(Bunsen burner or hand-held blow torch)

## Directions:

Dessert for 4 people

Bring the milk, cream, sugar and the seeds from the vanilla bean to a boil. Remove from heat, add the egg yolks and Styrian Pumpkin Seed Oil P.G.I. and mix well with a hand-held blender. Chill the mixture overnight. The next day, carefully mix well to evenly distribute the vanilla without making the mixture foamy. Pour the mixture into the desired serving dishes and bake for approximately 50 minutes at 100 °C in a convection oven (the cream should be firm).

When finished baking, chill the dishes. Before serving, dust each dish with brown sugar and caramelize the sugar with the bunsen burner or blow torch. Garnish with seasonal fruits and berries.

## Pumpkin Seed Oil Crème Brûlée





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