



FIELD NOTE: 'Pot-free' Woodland Cooking !

DATE: 12 Sep 26

This 'pot-free' recipe is great fun, especially with Halloween around the corner !

Scooped out, the pumpkin becomes its own cooking pot. The flesh slowly roasts, while whatever you put inside steams, braises and picks up some smokiness from the fire.



The trick is; NOT to put it over the flames, sit it in a shallow nest of mature embers, ideally with some heat around the sides, and rotate occasionally.

Keep the pumpkin wall pretty thick, so it doesn't collapse

Pumpkin 'Pot' Smokey Beans: Butter beans, chopped tomatoes, onion, garlic, peppers, smoked paprika, herbs and a little chili and in this one, a glug of cider as stock !!

