

Savory Pumpkin Sage Patties

Encrusted in ground pumpkin seeds and pecans these patties have not only eye appeal but also an unforgettable flavor. They can be served as part of an entrée, as an appetizer or even made into minis for party food.



Prep time
30 min -
1.5 hours

Cook time
20 min

Ingredients

3 cups mashed pumpkin
4 Tbsp of coconut oil (if using fresh pumpkin)
1 cup sauerkraut, chopped
2 carrots, finely shredded
½ of red onion, minced
3 cloves of garlic, crushed
2 Tbsp dried coriander
½ tsp rosemary
4 Tbsp nutritional yeast
15 fresh sage leaves, chopped
3 Tbsp rice flour
½ cup ground pumpkin seeds
½ cup ground pecans
Salt and pepper to taste
A few tablespoons of oil for frying

Serves about 6

Directions

The preparation time on this one varies depending on if you are using canned pumpkin verses fresh pumpkin.

If you are using canned pumpkin you can skip these first few steps.

Be sure to use a small pumpkin, not the one you use for jack-o-lanterns, those are too watery and stringy.

1. Preheat the oven to 200°C/400°F
2. Cut the pumpkin in half, remove the seeds and lightly oil the fleshy surface.
3. Place flesh side down on a baking pan and bake about 30 minutes until the pumpkin is soft to touch.
4. Let cool then peel off the skin.
5. Mash up the flesh and measure out 3 cups.
6. Mix the sauerkraut, carrot, onion, garlic, coriander, rosemary, nutritional yeast, sage and rice flour with mashed pumpkin.
7. Take two tablespoons of each, ground pumpkin seeds and pecans and add into the pumpkin mixture.
8. Form into 24 small patties. If making minis for party food, it makes about 36 bite size patties.
9. Use the remaining grounded pumpkin seeds and pecans as breading to encrust the patties.
10. Spread the breading on a plate and gently cake it onto each side of the patties.
11. Heat a frying pan on medium-high heat with a very small amount of oil about 1 tablespoon*.
12. Lightly brown each side of the patties, about 4 minutes per side.

*It is very important not to use a lot of oil otherwise it will soak into the patties and they will fall apart when cooking.

Makes 24 small patties. If preparing as an entrée, 4-5 patties is a nice portion, so this recipe would be for about 6 people. Also, you can make the patties and put them uncooked into the refrigerator for the next day or freeze them for later use.



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