

### SWEET SAUTÉED PUMPKIN

These vegetable dishes served together make an excellent vegetarian main course.

**Ingredients**      1 (700g) butternut pumpkin .  
                         1-2 tbs olive oil  
                         1 clove garlic  
                         1 tbs sugar  
                         pinch cinnamon  
                         a sprinkle of sherry vinegar  
                         pepper and salt

**Method**            Peel and cube the pumpkin. Fry with the garlic, in olive oil stirring occasionally , being careful not to break up the pumpkin. Cover with a lid to help the cooking by conserving an moisture. Discard the garlic.

Take off heat and sprinkle with sugar, pepper, salt and cinnamon. Mix well and sprinkle over a little sherry vinegar. Add pepper and cover with lid. Serve warm

### STUFFED ONIONS

**Ingredients**      4 onions  
                         100g (4oz) grated Wensleydale cheese  
                         50g (2oz) butter  
                         1 egg  
                         salt and pepper

**Method**            Peel and cook onions whole in boiling water for 15 minutes. Drain and cut in half and pull out the cores leaving about 2 outer layers.

Chop the insides up and mix in a bowl with cheese, half the butter and the egg, salt and pepper. Mix and spoon into onion cases.

Rub remaining butter over an oven proof dish and add the onions. Bake at 200C (400F, gas 7) or in the middle of the Aga ROASTING OVEN for 20 minutes ,until golden.