

THE FEARLESS OLIVE
BY REEMA ISLAM



Pumpkins galore

An ancient Celtic festival, a goddess of gardens and fruits, and a mixture of many rituals over the centuries leaves us celebrating the macabre on the last day of October. Synonymous with pumpkins, Halloween is celebrated the world over, giving us all a chance to connect with our morbid, sinister sides. This Halloween, allow me to lead you through a dark, musty passageway to a table laden with food that celebrates the pumpkin!

On a dark, blustery 1 November, a harvest festival was celebrated by the Celts called Samhain. An ode to the change of seasons, it is said on this day, a portal opened to allow the dead to walk the earth once more.

To appease their

putrid bodies and troubled souls, the Celts gave offerings or 'treats' to keep them away.

Turnips or potatoes were carved out with ghoulish features and a candle placed next to them as an ominous tribute. In another part of the world, the ancient Romans worshipped Pomona, the goddess of gardens and fruits this time of the year and would lay out apples in her tribute.

These ancient rituals further down the centuries merged with religious customs as the Catholics celebrated All Saints Day on 1 November, for all saints who did not have a special day assigned to them, and thus 31 October was All Hallows eve!

By the mid-18th century, the Irish brought all their customs with them to the US and thus Halloween brewed into a thick cauldron of celebrating the macabre as we know it today. The pumpkin featured supreme as it replaced the Irish potatoes and turn



ips, proving a more formidable replacement as the ghoulish face in the front yard.

SWEET PUMPKIN PIE

For I longed to see the goblins,
And the dainty-footed fairies,
And the gnomes, who dwell in caverns,
But come forth on Halloween.
Halloween by Arthur Peterson

Ingredients

- 1 pumpkin (about 2 kg), peeled, de-seeded and cut in small wedges
- Pinch of nutmeg
- ½ tsp cinnamon
- 2 tbsp brown sugar (you may add more if you want)
- 10-12 sheets of filo
- 2-3 sticks cinnamon
- 1-2 leaves of basil
- 1 tsp of dried basil
- ¼ cup honey and half a lemon squeezed into this
- 1 cinnamon stick dipped into it for a few hours
- Olive Oil ¼ cup
- 1 tbsp clarified butter or 'deshi' ghee

Method

Boil the pumpkin pieces, then fry them with

ghee while mashing them. Once they are mashed, add the cinnamon and nutmeg powder, cinnamon sticks and the sugar, then caramelize them, slightly browning them. Pre-heat the oven at 120 degree celsius for 10 minutes. Lay out a baking tray, grease it with the olive oil then lay out the filo sheets, three layers in the same direction, one top of the other and then on top of this, lather on ¾ of the pumpkin mash.

Make an extra filo layer on top of this brushing them with the olive oil, then lather the last bit of the pumpkin on top of this. Sprinkle the basil and some more nutmeg or sugar if you want on this layer. Make a final filo layer on top and generously brush it with the oil then stick it into the oven for about 10-15 minutes. Make sure the filo is cooked and the pumpkin might brown a bit more.

Serve it with an additional pouring of honey, spiced with cinnamon and lemon.

PUMPKIN SALADA LA FEARLESS OLIVE

The skies they were ashen and sober;
The leaves they were crispéd and sere-
The leaves they were withering and sere;



IGNITE
YOUR TASTE BUDS.

MADE FROM THE
WORLD'S
HOTTEST
CHILLIES

Chicken | Burger | Strips
Limited Time Offer