



**MINUS8**  
VINEGAR & VERJUS

**RECIPE CARD**

## ROASTED PUMPKIN WITH MAPLE 8 DRIZZLE

Any vegetable can be substituted



### MAPLE8 VINEGAR

5% ACETIC ACID VINEGAR | 200 ml, 1 litre  
Barrel fermented maple syrup vinegar, made from the best tasting Québec syrup. Maple syrup was made into wine, then into vinegar, and then aged for years in oak barrels.

Serves: 4

Prep Time: 5 min

Cooking Time: 45 min

**Ingredients:** 1 pumpkin (small and 2 to 2½ lbs, scrubbed)  
2 tbsp extra virgin olive oil  
¼ tsp ground nutmeg  
1 tsp sea salt  
Maple 8 Vinegar for drizzle



#### Method:

- Preheat the oven to 425°F.
- Line a baking sheet with parchment paper.
- Cut the top and bottom off the pumpkin, halve lengthwise and scoop out the flesh and seeds with a spoon.
- Cut the cleaned pumpkin into ¼-inch wedges.
- In a large mixing bowl, toss the pumpkin with olive oil, nutmeg and sea salt.
- Arrange in an even layer on the baking sheet and cook in the oven for 30 to 40 minutes, turning the wedges halfway through the cooking process, until they are browned and tender.
- Finish by drizzling Maple 8 Vinegar.