



## **Parma Ham Halloween Honey-Roasted Pumpkin Canapés**



***Perfect for a Halloween party, why not treat your friends to these delicious Parma Ham Honey-Roasted Pumpkin Canapés. Simply wrap slices of Parma Ham around honey-drenched, roasted pumpkin wedges. Sprinkle with plenty of homemade chilli pumpkin seeds for a truly bewitching dish.***

### **Serves 6**

*600g pumpkin, sliced into 6 and seeds reserved*

*1 tsp chilli flakes*

*1 tsp lime zest*

*1 tbsp lime juice*

*2 tbsp walnut oil*

*2 tbsp runny honey*

*6 sprigs fresh thyme*

*1/2 tsp paprika*

*Salt and black pepper*

### **to serve:**

*1 lime*

*6 slices Parma Ham*

## **Cooking instructions...**

- Preheat the oven to 150 °C
- Mix the pumpkin seeds with ½ tsp chilli flakes, ½ tsp salt, a little pepper, lime zest and juice. Roast in the oven for 30-40 minutes, or until crunchy and golden brown, tossing halfway
- Place the pumpkin slices in a roasting tin
- Mix together the walnut oil, runny honey and thyme leaves. Pour this mixture over the pumpkin slices, making sure each is covered well
- Sprinkle ½ tsp of chilli flakes and paprika over the pumpkin, season and cover with foil
- Increase the oven temperature to 190°C. Roast the pumpkin in the oven for 30 minutes, remove foil and roast for a further 20 minutes, basting at regular intervals until the sauce and pumpkin slices have caramelised
- Squeeze a little lime juice over the pumpkin slices and then wrap a slice of Parma Ham around each
- Serve the Parma Ham and pumpkin slices with plenty of spicy lime pumpkin seeds

Parma Ham is a completely natural food with nothing added except salt. Making a Parma Ham is a long and painstaking process. The curing is controlled carefully so that the ham absorbs only enough salt to preserve it to retain its distinctive sweet flavour.

Prosciutto di Parma is produced in the hills surrounding the Italian town of Parma. The air in the Parmesan hills is unique, dry and sweet-smelling with breezes from the Apennine mountains, creating perfect environmental conditions for a natural “drying” of the hams.

The unique taste of Parma Ham is dependent on the traditional production process passed down from Roman times, carefully controlled by the Consorzio del Prosciutto di Parma. Only hams that have passed stringent curing regulations approved by the EU can be awarded the stamp of the Ducal crown – a five pointed coronet logo with PARMA in the centre which is branded onto the ham’s skin. The Ducal Crown is now a certification trademark.