



Education and Culture DG

Lifelong Learning Programme



elma-tp
EUROPE LOCAL MANUFACTURERS
TRAINING PLATFORM



Pumpkin seed oil from Styria and Prekmurje



What is it?

- Pumpkin seed oil is produced from pumpkin seeds.
- It's colour is dark green-brown.
- It has highly aromatic „nutty“ taste.



Traditional production

1. The seeds are cleaned from pumpkin leftovers and peeled.
2. Pumpkin seeds are fully dried for several weeks and cleaned once again.
3. Seeds are grinded in special machine.
4. Water is added and seeds are roasted for half hour in 100 – 110 degrees.
5. Oil is compressed from the pumpkin seed mass.
6. After one week oil is naturally cleaned and ready to pack.

How much pumpkin seeds?

- You need 3 kg of pumpkin seeds for 1 liter of pumpkin oil (*if seeds are roasted*).
- You need 6 kg of pumpkin seeds for 1 liter of pumpkin oil (*if seeds are cold-pressed*).
- For 3 kg of pumpkin seeds you need 30-40 pumpkins!



Where is it produced?

- It's traditional (protected) product of North-Eastern Slovenia and South-Eastern Austria.
- Pumpkin seed oil is also produced in parts of Croatia, Romania (Transylvania) and Romania.
- The earliest production is dated to 1697.



Storage

- Pumpkin seed oil is light-sensitive.
- It needs to be stored in cold and dry place.
- If it is exposed to light it loses vitamins and minerals and it becomes bitter.



Use in culinary

- Salad dressings
- Addition to bread/cakes
- Addition to soups and sauces
- Deserts (famous combination with vanilla ice cream)
- Cookies & Chocolate
- Some people don't recommend it for cooking!
- More on:



pkinseedoil.cc/PPF/start/rezepte.asp/l/e/index1.asp

Medical benefits

- Prostate cure (Benign prostatic hyperplasia).
- Anti-hair loss.
- Lowers bad cholesterol.
- Eases arthritis troubles.
- Cures burned or frozen skin.
- Good for nervous system and metabolic processes.
- Treats malfunctions of the bladder and the urinary passages.